

The Office of Student Affairs is located in Room 023, Schweppe-Sprague Hall. Telephone 942-6302



*Display your artistic talents at
the "Art Gallery T.G.I.F."*

*We're looking for students who
have accomplished what most of us
just wish we could do! If you paint,
draw, sculpt, needlepoint, crochet,
quilt, or have developed your own
form of creativity, please share it
with us at the Art Gallery T.G.I.F.
on Friday, February 14. The
Schweppe Auditorium will be trans-
formed into the "Rush Gallery" from
4:30 p.m. until 7:00 p.m.*

*Contact Danita Nelms at
942-6302 to reserve your area for
display.*

Remembering Dr. Martin Luther King, Jr.

Please join us in remembering Dr. Martin Luther King, Jr. on the anniversary of his birth. We will be serving cake in the Schweppe Auditorium on Monday, January 20 from 11:30 a.m. until 1:00 p.m.

Inside

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- Your Guide to Winter Quarter Entertainment

**OFFICE OF
FINANCIAL AID**

101 Schweppe-Sprague Hall
942-6256

**JEWISH VOCATIONAL
SERVICE SCHOLARSHIP**

The Jewish Federation of Metropolitan Chicago awards approximately \$150,000 each year to students of the Jewish faith who are legally domiciled in the metropolitan Chicago area, who are in need of financial assistance in the helping professions, and who are identified as having promise for significant contributions in their careers. An application and information can be obtained by contacting:
Scholarship Secretary
Jewish Vocational Service
One S. Franklin Street
Chicago, Illinois 60606
346-6700, ext. 21214

**JOSEPH COLLINS
SCHOLARSHIP**

Medical students who have a demonstrated interest in the arts and letters or other cultural pursuits outside the field of medicine are encouraged to apply for the Joseph Collins Scholarship for 1997-98.

The Joseph Collins Foundation was established in 1951 through a bequest of Dr. Collins for the purpose of aiding needy medical students to complete their MD program without sacrificing all other interests in the broad field of learning. The Foundation makes a maximum award of \$2,500 for one year, and the scholarship is renewable.

In addition to outside cultural pursuits, the following criteria are also considered: financial need, scholastic record, and an indication that the applicant intends to specialize in neurology, psychiatry or general practice. If you feel you meet these qualifications, please inform the Office of Financial Aid. The application deadline is February 20, 1997.

**ILLINOIS STATE
MEDICAL SOCIETY
LOANS**

The Illinois State Medical Society Educational and Scientific Foundation (ISMS) provides funds to Illinois medical schools to award to medical students. ISMS loans are available to students who meet **all** of the following criteria:

- M2, M3 or M4 student status;
- demonstrate financial need;
- an Illinois resident for five years;
- be a current ISMS member, or join after awarding of the loan by Financial Aid.

The maximum loan amount is \$4,000 and carries an interest rate of 5.5%. It must be repaid no later than 5 years after graduation, or completion of residency, whichever occurs first. The loan is repaid in four installments over 12 months. Co-signers are required by ISMS prior to loan approval.

If you are interested in receiving this loan, please notify the Financial Aid office by January 15, 1997. Please contact Financial Aid if you have any questions.

**WISCONSIN OFFERS LOAN
REPAYMENT FOR HEALTH
CARE WORKERS**

Wisconsin offers primary care physicians, nurse practitioners and certified nurse midwives an opportunity to reduce loan indebtedness for working in designated medical shortage areas in Wisconsin. Physicians are eligible for \$50,000 and other qualified health professions are eligible to receive up to \$25,000 in loan reimbursement.

Application deadlines for physicians are scheduled annually on December 1st and April 1st. The application deadline is April 1st for other health care workers. An information sheet is available in Financial Aid, or you may call 800-385-0005 for more information.

A resource book on all state loan repayment programs for physicians and health care workers is available in the Office of Financial Aid.

**1997-98 FINANCIAL
AID FORMS**

Financial aid forms and materials will be available from the Financial Aid office by the end of January. The 1997-98 financial aid year begins with the summer 1997 quarter. This means that if your program extends into this coming summer and you want financial aid consideration, you must submit the appropriate forms. Those forms are the Free Application for Federal Student Aid (FAFSA) and the Institutional Financial Aid Application.

The FAFSA can be obtained in one of three ways. First, if you submitted a FAFSA for 1996-97 and you did not change your address, you will be sent a Renewal FAFSA directly from a processor. Second, pick up a blank FAFSA form from Financial Aid. Third, use FAFSA Express software by calling (800) 801-0576.

If you have questions about the aid application or procedure, please stop by Financial Aid or give us a call at x2-6256.

**WEB SITES OF
INTEREST**

1. <http://www.washingtonpost.com/parachute/> - access to "What Color is Your Parachute: The Net Guide" and offers suggestions for conducting on-line job searches and useful on-line job listings.
2. <http://www.streeteye.com/> - access to a directory of sites for investing, stock market data and personal finance information.
3. <http://www.readersdigest.com> - access to "The Reader's Digest".
4. <http://www.nasfaa.org> - access to financial aid resources and related topics.

SCHOLARSHIPS

The Joanna F. Reed

Scholarship is available to permanent residents of Alabama and Northwest Florida. Applicants may be enrolled in any U.S. accredited medical school, and must prove financial need. Applications must be submitted by May 15, 1997, and are available in the Financial Aid office.

The Japanese Medical

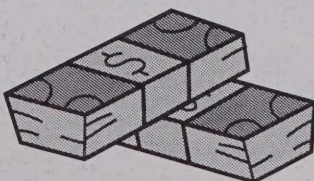
Society is offering scholarships of \$2000-\$3000 to medical students of Japanese ancestry. Applications will be accepted through February 17, 1997, and are available in the Financial Aid office.

The Association of Haitian Physicians

Abroad will award two \$1,000 scholarships to students in a medical or health sciences curriculum. Applicants must reside in the Chicago metropolitan area, be of Haitian descent, maintain a g.p.a. of 3.5, and be accepted through August 7, 1997. Applications are available in the Financial Aid office.

The Lutheran Brother-

hood offers scholarships and loans to students demonstrating leadership, academic skill, and church involvement. Scholarships of \$500 to \$2000 will be awarded to Lutheran Brotherhood members. Applications must be submitted by January 15, 1997 and are available in the Financial Aid office.



Governor Jim Edgar announces the availability of summer internships in Chicago and Spring- field.

Recipients will receive a stipend of \$1,000 per month and learn the operations of the Illinois state government. Applications will be accepted through February 1, 1997, and are available in the Financial Aid office.

The Swiss Benevolent Society of Chicago

is offering scholarships to undergraduates of Swiss descent. Recipients must be Illinois or southern Wisconsin residents, and have a minimum g.p.a. of 3.5/4.0. Applications will be accepted through February 1, 1997 and must be requested from the agency at: SBS Scholarships, 6440 N. Bosworth Ave., Chicago, IL 60626. Contact the Financial Aid office for additional requirements.

Looking for A Job?

Check out the
Work Study Positions
available.

Jobs are posted in the
Office of
Financial Aid
located in
Room 101, Schweppe
Sprague Hall

A stylized, cursive letter 'S' in a dark color, enclosed within a square border.

A stylized, cursive letter 'N' in a dark color, enclosed within a square border.

A stylized, cursive letter 'A' in a dark color, enclosed within a square border.

SNA CORNER

Here's your chance to be a 1997 Student Nurses Association board member. Election of the SNA president, vice president, treasurer and secretary will be held in mid-January. Interested nursing students should be full time students, SNA members, and be willing and able to attend SNA meetings regularly.

WELCOME to
Beth Anne Christopher,
our new SNA faculty advisor!

A note to all SNA members: It's not too early to start thinking about the NSNA 45th annual convention in Phoenix, Arizona (April 9-13, 1997). Hope you can be there!

Inside the Student Counseling Center

Marilyn Johnson, Ph.D.

During the past year, have you

- Gained or lost weight dramatically?
- Abandoned several diets?
- Used laxatives, diuretics or emetics for weight control?
- Eaten compulsively (binged) to the point of physical distress and emotional despair?
- Vomited after eating for weight control?
- Limited your food intake to a few hundred calories per day?

If you answered yes to more than one of these items, you probably know that you have an eating problem. The term "eating disorders" is used to encompass anorexia nervosa, bulimia (sometimes called the binge-purge syndrome) and any other compulsive eating/starving problem. Eating disorders are commonly considered to be "women's problems"; in fact, 9 to 10 cases of anorexia nervosa and bulimia occur in girls or women. Men are exhibiting these disorders more frequently than in the past and some male runners' compulsive behavior regarding food and exercise may be related to anorexia nervosa; nevertheless, most sufferers are female. It is estimated that such disorders now strike more than one in every 200 teenagers.

It is useful to be able to recognize the symptoms of anorexia and bulimia. Both may suffer some of the same physical symptoms: extreme weight change, hypothermia, insomnia, constipation, skin rash and dry skin, loss of hair and nail quality, dental caries and periodontal disease, and cessation of the menstrual cycle. Both may exhibit some of the same behavioral and emotional characteristics: unusual eating habits, hyperactivity and high interest in exercise, use of laxatives, diuretics, emetics and diet pills, low sense of self-worth, low sense of self-control, high achievement, denial, and inability to think clearly.

The anorexic and the bulimic are similar in pursuing thinness relentlessly, in

the compulsive nature of this pursuit. They differ in that the anorexic usually starves herself although she may also use purging methods. Most bulimics alternately binge and purge; both may engage in exhausting physical activity. The anorexic's physical appearance is more striking in that she looks increasingly skeletal while the bulimic may or may not appear thin. The anorexic denies being too thin and strongly resists efforts at feeding. The bulimic may be secretive and embarrassed about her habits but she admits her conflicts about food.

"As long as our society dictates that women must be thin in order to win husbands and to be sexually appealing, women will continue to abuse their bodies to do so".

The etiology of eating disorders has been examined from a number of perspectives: the intrapsychic, the interpersonal, and the social-political. The intrapsychic perspective, growing out of psychoanalytic theory, views the pursuit of thinness as the effort to achieve eternal youth, to avoid puberty and the development of sexuality. Anorexics in particular show none of the curves and other sexually appealing qualities which signal womanhood; rather, they present the thin-hipped, breastless appearance of the young boy.

The interpersonal perspective focuses on the female's relationships with family members who may urge her to lose weight, with peers whose slim bodies may intimidate the overweight woman, and with authorities (teachers, supervisors, coaches) whom they wish to please by demonstrating great self-control. The social-political perspective focuses on the importance of physical appearance

to women. As long as our society dictates that women must be thin in order to win husbands and to be sexually appealing, women will continue to abuse their bodies to do so. Despite some of the gains made by women over the past decade, most people still agree with the Duchess of Windsor's remark that "No woman can be too rich or too thin."

For a long time, psychoanalysis and psychoanalytic psychotherapy were the only treatments for anorexia nervosa and other eating compulsions and so the intrapsychic explanation prevailed. Then behavior therapy emerged, conceptualizing eating problems as bad habits learned in an interpersonal context. Still, recidivism has remained fairly high in eating control programs and so the search continues for methods to help those suffering from eating compulsions. The social-political and the interpersonal perspectives have been integrated both as explanations of problems in eating and as solutions of these problems by Susie Orbach, author of "Fat is a Feminist Issue" (in paper). According to Orbach's theory, we eat compulsively not only for the immediate satisfaction it provides, but to protect or enhance certain parts of ourselves. Orbach has developed a model for self-help groups for compulsive eaters. In these groups, the women are encouraged to explore the meaning of being fat and being thin. After the group members accept the fact that change will be neither instant nor miraculous, they often gain greater self-knowledge as well as healthy weight loss.

For further information on eating disorders, you might want to contact the National Association of Anorexia Nervosa and Associated Disorders (ANAD), P.O. Box 271, Highland Park, IL 60035 or telephone 831-3438. They can provide written information and can suggest the names of professionals with special expertise in this disorder.

BOOKSTORE NEWS

by Paula Smith

I decided to veer away from my usual useless drivel and attempt to be informative about what's new in the Rush University Bookstore.

For starters, we have two new faces greeting you on your visit to the bookstore. OK, technically, they started last quarter, but I never formally introduced Brian Feurst and Patrick Clark. By now they can look up your book questions and can help point you in the right direction.

Want to look stylish while in the OR or while catching babies but can't afford those pricey Gargoyle goggles? UVEX fashion glasses just might be your alternative. Selling for under \$12, UVEX glasses meet ANSI Z87.1 standards, are anti: fog, static, and scratch, and have adjustable temple lengths. They come in a host of colors as well as prints such as "mystic magenta" and "camouflage." Of course, there also is a plain black. (Personally, I find green and black greatly over-used here at the medical center.)

New vinyl decals have arrived. These differ from the traditional decals in that they adhere on the outside of metal, glass, and plastic surfaces and can be removed with no residual effects. And, because there isn't the usual 10 million minimum associated with decals, we have all four colleges represented: medicine, nursing, health sciences, and graduate.

Grateful Med has been upgraded. This home version is the answer to your health care information needs. Grateful Med puts the resources of the world's largest medical library - The National Library of medicine - at your fingertips. Full texts of the articles can then be ordered electronically from your library with the Lonesome Doc feature. Versions of Grateful Med come in Macintosh or IBM PC compatible, Windows or DOS.

Coming soon . . . Goodman and Gilman on CD-Rom for \$95 (about the same as the book). We will have a demo disk available soon.

Office '97 (159.95) and Office Pro '97 (\$199.95), and Office 4.2 (149.95) will be bundled with a free fully functional copy of Norton AntiVirus. Stop in for this great deal after January 16. Lotus SmartSuite is available for \$69.95 and Corel Suite is \$39. Check our prices if you're interested in an Iomega Zip Drive. \$149.95 for the drive, \$129.95 for 10 pack disk bundles. Keep in mind these special educational prices are based on availability so act quickly.

New books, too numerous to mention, arrive weekly so we are ever-changing. If you can't make it in, or just feel that there must be something more, you can find us on the Word Wide Web at <http://www.lb.com/rush>. You can see what's new and searches are a breeze. Orders can be placed and will be shipped to your home or office. Keep in mind, though that the discount does not apply in this situation.

Have a great winter quarter and keep warm thoughts!

SNMA: ACTIVE AND VISIBLE!

Tara de Jesus
SNMA President

The Rush Chapter of the Student National Medical Association (SNMA) has been quite active and visible throughout the medical center this past quarter. Our recent activities included the SNMA Lunchtime Quarterly Series discussion entitled "My Breast Cancer" by Ms. Cynthia Santos. Thanks to all who attended and celebrated National Breast Cancer Awareness Month with us.

SNMA sponsored the Caribbean T.G.I.F. in November along with the Office of Student Affairs. Needless to say, it was a spectacular event with great music, an exhilarating limbo contest and superb food (catered by Maxine's Restaurant).

SNMA conducted a very successful clothes drive. Due to the overwhelming amount of clothes and shoes collected, SNMA was able to donate, not only to one shelter, but to THREE! These shelters include Pacific Garden Mission, Bible Way and the Resurrection Project in the Pilsen community.

SNMA would like to thank each individual who generously donated clothes to our drive. SNMA also conducted a very successful candy sale. All proceeds from the candy sale are earmarked for the Children's Defense Fund.

Last, but certainly not least, Market Day!! If you've had the opportunity to order from Market Day, I'm sure you've enjoyed the products. If you have not, then you don't know what you're missing. Your next opportunity to order from Market Day will be here again soon. We will be posting flyers around the medical center with details. Watch for Market Day information and don't be left out!

UPCOMING EVENTS include:

- Celebration of Dr. Martin Luther King, Jr.'s birthday
- Celebration of Black History Month
- SNMA Lunchtime Quarterly Series
- "Violets Against Violence" African violets will be sold to fight domestic abuse

As stated earlier in this article, there will be plenty of information posted around the medical center about each of these upcoming events.

To all SNMA members: You are doing a great job! Keep it up!

COLLEGE OF NURSING

Office of the Dean

We hope your 1996-97 academic year is going well!

STUDENT ACADEMIC COUNSELING

A reminder to all students that Dr. Barbara Haynes, Student Academic Facilitator, is available to assist undergraduate and graduate students with their academic work. Dr. Haynes may be reached at extension 2-2058 and her office is located in Room 935 Schweppe.

Torrey Wilson, our Director of Multicultural Affairs is available at extension 2-6007 and his office is located in Room 1418 Schweppe.

KEEPING IN TOUCH WITH YOUR ADVISOR

It's a good idea to check in with your advisor each quarter to review your progress. Program of Study forms need to be revised when changes occur. Any changes in your status need to be discussed first with your advisor. Please keep in mind that your advisor's signature is needed for adding or dropping courses and for pre-registration!

WHAT ABOUT A GRADUATE DEGREE IN NURSING?

If you've been wondering about a graduate education in nursing, the Associate Chairs in the various departments can provide you with information about our programs and trends in your area of interest. There are many clinical specialist and nurse practitioner options at the Master's level. The college also offers two different doctoral degrees in nursing (N.D. and DNSc.) The Associate Chairs for each department are:

Psychiatric/Gerontological: Lisa Rosenberg (x22747) and Valerie Matthiesen (x26953)

Medical/Surgical: Linda Hollinger-Smith (x27117) and Kathy Lauer (x26265)

Maternal-Child: Virginia Maikler (x22754)

Community Health: Linda Edwards (x22756)

We're interested in spending time with you to help make this important decision.

VISIT THE COLLEGE OF NURSING ON THE WEB

Did you know the College of Nursing is on the Web? Several points of interest may be easily accessed. Located on our Web Page is admission information about our undergraduate and graduate programs including application deadline dates, programs of study for all areas including nurse practitioner options, and how to request information for any program. Also featured are alumni news and faculty features. Updates on undergraduate and graduate information sessions and other events are posted in Announcements and Events.

ANNUAL UPDATE OF HEALTH REQUIREMENTS

CPR and OSHA certification and TB screening must be renewed every year. You must submit documentation indicating that you have attended CPR and OSHA training sessions and had an annual TB screening. Some CPR certifications may extend two years, check the back of your CPR card to be certain then send us a copy. We must have documentation on file in 1418 Schweppe or you will not be able to participate in clinicals and register for the next quarter.

Bring copies of your documentation to Ms. Alvina Beamon in Room 1418 Schweppe. It cannot be overstated that **YOU WILL NOT BE PERMITTED TO REGISTER FOR NEXT QUARTER IF YOU ARE NOT IN COMPLIANCE WITH ALL HEALTH, OSHA AND CPR REQUIREMENTS.** You will receive a delinquent notice and a copy will go to your advisor.

ANNOUNCING A NEW AREA OF CONCENTRATION --- ADULT NURSE PRACTITIONER

The ANP is a registered nurse with advanced skills, education, and clinical expertise prepared to function as a primary care provider to adult populations. The focus of ANP's practice is on wellness, illness management and disease prevention from a holistic perspective. The program emphasizes interdisciplinary educational experiences in a wide variety of outpatient and inpatient settings across the health care continuum.

The ANP curriculum is offered at the master's and post-master's levels. Matriculation for master's level students begins in Fall of 1997 (application deadline is August 1, 1997). Combining the ANP curriculum with the Doctor of Nursing Sciences (DNSc) degree requirements is also possible.

The ANP curriculum follows the master's degree framework with core, cognate, clinical seminar courses, clinical practicum, and ANP residency. The minimum number of required quarter hours to complete the ANP at the master's level is 60.

Admission requirements include:

- minimum of 1 year recent full-time medical-surgical experience in area of focus

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- 3.0 grade point average (on a 4.0 scale) in all undergraduate coursework
- successful completion of GRE's (500 on each exam is recommended)
- successful completion of a personal interview with College of Nursing faculty
- currently licensed to practice in the state of Illinois as an RN

Admission applications are available from the Rush University College of Nursing Admissions office.

MULTICULTURAL AFFAIRS

Dr. Torrey Wilson, Director, Multicultural Affairs and the Affirmative Action Committee would again like to announce the start of the Rush, College of Nursing's Minority Mentorship Program. So far we are excited to have received the names of 18 interested mentors and look forward to matching them up with our students. We would like to get more interested parties involved and ask that you either phone, e-mail or stop by to sign up (ext. 26007, e-mail=twilson@cnis.rpslmc.edu, office #1428SSH).

All students needing to or just interested in meeting with Dr. Wilson should contact him via the above listed options.

ATTENTION NURSING STUDENTS AND REGISTERED NURSES!

The Gamma Phi Chapter of Sigma Theta Tau International, Honor Society of Nursing, invites all interested nurses and nursing students to attend an "Information Tea" on Monday, February 10, 1997. The Tea will be held from 4:30 to 5:30 p.m. in the Main Lounge of Room 500 located in the Rush University Professional Building at 1725 W. Harrison Street. Sigma Theta Tau is a nursing organization that exists to recognize and promote nursing scholarship, leadership, and high professional standards. Information about Sigma Theta Tau in general and Rush University's Gamma Phi Chapter in particular will be provided at the tea.

Candidates for membership include:

- junior or senior students who have completed at least 50% of their nursing course work, have a minimum GPA of 3.0 (based on a 0 to 4 scale), and a rank within the upper 35% of their graduating class in scholarship (formal GPA and class rank will be determined at the end of Winter Quarter);

- masters level students who have completed at least 25% of their course work and have a GPA of 3.5 or greater;

- doctoral level students who have completed at least 25% of their course work and have a GPA of 3.75 or greater; and

- baccalaureate prepared registered nurses who have demonstrated marked achievement in education, practice, research, administration, or publication.

Applications for membership will be available at the Informational Tea. In the meantime, watch for further information posted in Student Affairs and throughout Schweppe Sprague Hall. For questions, please call Janice Podolski (942-6103).

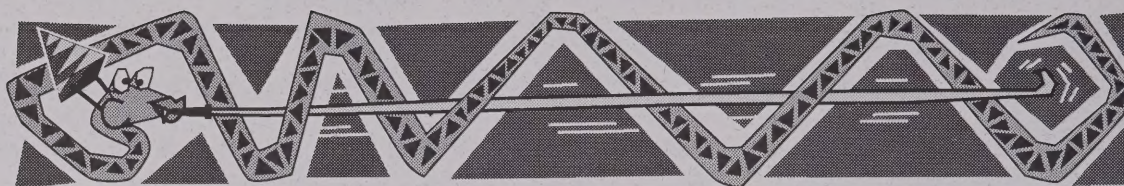


Need help getting your résumé together?

The Office of Student Affairs can assist you with:

- writing your résumé
- creating a credential file
- information on job search techniques
- writing a cover letter

For individual assistance, contact the Office of Student Affairs at 942-6302 or stop by 023 Schweppe Sprague Hall.



COMPUTE IN THE NEW YEAR!

Make the PC and CAI Labs in Academic Computing Resources (ACR) a daily habit in 1997! The PC (Personal Computing Lab - 443 Armour Academic Center) is equipped with 10 networked PC workstations which can be used for word processing (Microsoft Word for Windows), spreadsheets (Microsoft Excel; Lotus for Windows), presentation preparation (Powerpoint, Harvard Graphics), statistics (SPSS for Windows), etc. There are also 5 Macintosh SE30 workstations in the 4th floor lab, as well as 3 Power Macs with CD-ROM drives. Watch for new equipment coming this quarter, including 3 Power Wave 604e 132MHz (Mac compatible) and 10 new Compaq 180 MHz Pentium Pro computers. These can be reserved in advance (you must do this in person) for a maximum of 2 hours. Sign-up sheets are posted in the entryway of the PC Lab in Room 443.

In the CAI Lab (534 Armour Academic Center), there are 13 networked PC workstations for health sciences related software. Use this lab to access the Internet/World Wide Web as well as Telnet and Gopher software. While surfing the Web, check out Rush University's new home page at <http://www.univ.rush.edu/univ/>.

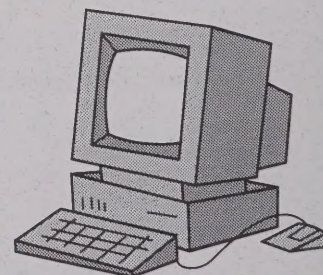
All Rush students are eligible for e-mail. Simply fill out an application at the PC Lab's User Support Desk during business hours. There is a onetime \$3.00 fee for this service. Watch for future notices announcing dial-in service to check e-mail from home or office.

PC Lab hours - Winter/Spring quarters:

Monday-Thursday	8:30am-9:00pm
Friday	8:30am-5:00pm
Saturday	Noon - 6:00pm
Sunday	Noon - 8:00pm

PC Lab hours during quarter breaks and Summer quarter:

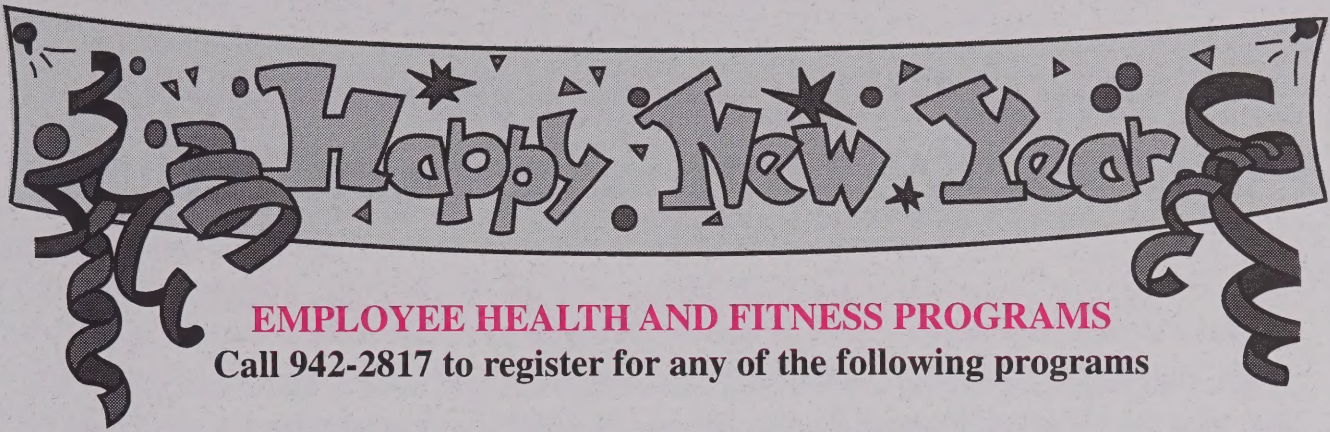
Monday-Friday	8:30am-5:00pm
Saturday	Closed
Sunday	Closed



NOTE: After hours access to the 5th floor lab is available by calling Security (x2-5678) from the house phone on the west corridor of the 5th floor.

Staff will arrive as soon as possible to open the lab door for you. You must present your current student ID to gain admission. Security is authorized to turn anyone away who cannot provide appropriate identification.

For general information about Academic Computing Resource Lab services, call Ken Quandt, Microcomputer Services Manager (x2-9613). For other questions about ACR, call Bill Karnoscak, Manager, Academic Computing and Learning Resource Center (x2-6832).



EMPLOYEE HEALTH AND FITNESS PROGRAMS

Call 942-2817 to register for any of the following programs

Aerobics

Aerobics classes are offered in the Schweppe Auditorium throughout the week at 7:45 a.m., noon, 4:00 p.m. and 5:30 p.m. Mats, steps and weights are provided. Pick up a schedule of classes in 192 Murdock.

Breast Self-Exam

Take this opportunity to learn the proper technique for self-breast exam and American Cancer Society guidelines. This class will be held on Tuesday, February 18 at noon in 863 Professional building.

Choose to Lose

Learn to manage your weight by reducing the fat in your diet and increasing your level of physical activity in this 10 week weight management class. Free orientation is offered Wednesday, January 8 at 8:00 a.m. The location will be announced.

CPR - Pediatric and Heartsaver Classes

A Pediatric CPR course will be offered on Thursday, January 23 from 8:30 a.m. - noon and will cover child and infant CPR skills as well as pediatric injury prevention. The location will be announced and pre-registration is required. Bring \$15 payment to 192 Murdock. On Wednesday, February 26 a Heartsaver CPR class will be held from noon until 1:00 p.m. The location will be announced. This non-certification course covers basic adult CPR techniques. There is no charge for this informational session.

Heart Score '97

Physical activity is a great way to enjoy life. It also has great health benefits. Join us at this American Heart Association event and start down the road to a healthy, active life. Health and Fitness personnel will administer a fitness profile evaluation and distribute educational materials outside the cafeteria on Thursday, February 6 from 11:00 a.m. until 1:00 p.m.

Lunch 'N Learn

Get off to a healthy start in 1997 . . . attend "Lowfat is Where It's At" on Wednesday, January 15. On Wednesday, February 19 "Effective Communication" will be presented. Both of these free sessions will be held from noon until 12:45 p.m. Pre-registration is required and the location will be announced.

Lunchtime Stress Express

This session on "Seasonal Affective Disorders" will provide information and guidelines on how to deal with the winter blahs on Friday, January 24 from 12:15 to 1:00 p.m. The location will be announced. Kick up your heels and join us for "Ballroom Dancing" on Friday, February 14 at noon. The location will be announced. Beginners are welcome! Pre-registration required. Both sessions are free of charge to Rush employees and students.

Motivate Your Muscles

This four-week class will help you determine your own fitness level and develop an appropriate exercise regimen to reach your fitness goals. The first class will be held on Wednesday, January 29 at noon in the Schweppe Auditorium. Cost is \$20 (includes t-shirt, water bottle, flex tubing, exercise log and lots more!). Pre-registration is required.

Rush University Commencement

June 14, 1997, 2:00 p.m., at the UIC Pavillion!

Commencement News That You Can Use!

If you are graduating during the 1996-97 Academic Year, you need to know that this is the last time that Wyckoff Portrait Studios will be **ON CAMPUS!** It is possible for you to set up an appointment at their studio at your convenience. Call 942-6302 if you have any questions.

YOU OUGHT TO BE IN PICTURES!

Tuesday through Friday

January 14 - 17

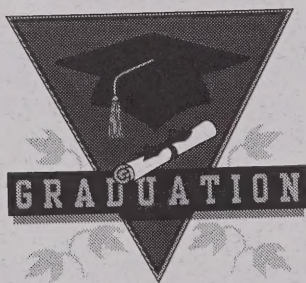
Wyckoff Portrait Studio will be in the Schweppe Student Lounge to take pictures of graduating Rush students. Call Student Affairs at 942-6302 to set up a time for your sitting!

Tuesday, January 14, 10:00a.m. - 4:30 p.m.

Wednesday, January 15, 1:00p.m.- 7:00 p.m.

Thursday, January 16, 10:00a.m. - 4:30 p.m.

Friday, January 17, 10:00a.m. -1:00 p.m.



HOW DO YOU MEASURE AS A RUSH GRADUATE?

We know you measure up or you wouldn't be graduating ... but we still need to size you up for your **CAP & GOWN**. You can be measured when you are here in the Office of Student Affairs for your picture taking session with Wyckoff Portraits - or - you can stop by at your convenience and we will be happy to measure you!

wanted!!!

Seeking medical students with time on their hands (ha!) for fun-filled (we promise!) class projects such as:

Match Day Celebration

Skit Night

Yearbook

Senior Party

No experience necessary, just a desire to leave your mark and help make this last year memorable for your fellow classmates and yourself! Call Danita Nelms at 942-6302 today!

STUDENT AFFAIRS TICKET WINDOW

CHICAGO WOLVES GAME

Saturday, January 18

7:00pm

The Chicago Wolves take on Manitoba at the Rosemont Horizon. We have 30 tickets to sell at \$10.00 each. Tickets will go on sale January 6 with a limit of two tickets per student. Get out and howl!

"TAP DOGS"

Sunday, January 19

6:00pm

It's a dancing feat! The Shubert Theatre hosts this terrific and rhythmic show. Tickets will go on sale for "Tap Dogs" January 6. We have 30 tickets available at \$10.00 each, limit of two tickets per student.

"STARS ON ICE"

Saturday, February 1

8:00pm

We have 40 tickets available for sale on January 13 for this spectacular winter event being held at the Rosemont Horizon. Tickets are \$21.00 each for Rush Students. This is your chance to see Kristi Yamaguchi, Scott Hamilton, Torvill and Dean, Kurt Browning and Ekaterina Gordeeva!

"SHOWBOAT"

Saturday, February 22

2:00pm

Send or bring in your lottery ticket (it was mailed to you!) for the opportunity to purchase 2 tickets to this performance at the Auditorium Theatre. We have 30 tickets available at \$33.50 each. The drawing will be held on Monday, February 3 at 12:00 noon and winners will be notified the day of the drawing.

"SUNSET BOULEVARD"


Saturday, April 12

7:30pm

The Civic Opera House welcomes Andrew Lloyd Weber's newest musical extravaganza! Fill out the lottery ticket (it was mailed to you!) and send it or bring it in for the opportunity to purchase 2 tickets. We have 30 tickets available at \$25.00 each and winners will be notified the day of the drawing. The drawing will be held Monday, March 10 at 12:00 noon.

CINEPLEX ODEON AND SONY THEATER TICKETS

Pick up your movie tickets in the Office of Student Affairs. Tickets are \$4.00 each, limit of 6 movie tickets per purchase. Bring your Student ID.!



Student Affairs Entertainment Guide

Winter 1997

Tip:

Winter in Chicago can be a BEAR so grab the BULL by the horns and hang in there!

WELCOME BREAKFAST

Tuesday, January 7

7:30am - 9:30am

We would like for all Rush students to join us for the most important meal of the day! The Office of Student Affairs will be hosting this welcome breakfast in the Schweppe Auditorium.

1970s T.G.I.F.

Friday, January 17

4:30pm - 7:00pm

Join your fellow students for some retro fun at this first "Thank God It's Friday!" in the new year. Wear your best 70s gear! Please contact the Office of Student Affairs if your organization would like to sponsor this party.

HAPPY BIRTHDAY, DR. MARTIN LUTHER KING!

Monday, January 20

11:30am - 1:00pm

Join us in remembering Dr. King on the anniversary of his birth. We'll be dishing up birthday cake in the Schweppe Auditorium.

ART GALLERY T.G.I.F.

Friday, February 14

4:30pm - 7:00pm

Display your artistic talents at this T.G.I.F.! If you would like to submit art or if you are in a student organization wanting to sponsor this T.G.I.F., please contact the Office of Student Affairs.

LUNCH BREAK

Monday, February 24

11:30am - 1:00pm

You deserve a break, so bring your main course and we'll provide dessert in the Schweppe Auditorium.

Rush *reporter*

The Office of Student Affairs is located in Room 023, Schweppe-Sprague Hall. Telephone 942-6302



Student Affairs Welcomes New Assistant Director

The Office of Student Affairs proudly welcomes Jill M. Porter as the new Assistant Director of Student Affairs. Jill joins our office with a variety of excellent student affairs experiences. She recently served as the Assistant Dean of Students at Lake Forest College where she directed many student services. Jill earned her Master of Science degree in Education, Guidance and Counseling, from Eastern Illinois University. We are pleased that Jill has chosen to contribute her talents to the Rush University student affairs program.

STUDENT ENTERTAINMENT NOTES

If you have not yet entered the drawing for the opportunity to purchase "Sunset Boulevard" tickets, you have until Noon on March 10, 1997. Tickets will be \$25.00 each and the performance will be Saturday, April 12, 1997 at 7:30 p.m.

Exams are just around the corner and as usual the Office of Student Affairs will be there for you. We will provide a sweet treat and a social break so watch for us on Monday, March 17, 1997.

AMSA will co-sponsor the April 11, 1997, T.G.I.F. As usual, there will be food, beverages and fun starting at 4:30 p.m. in the Schweppe Sprague Auditorium.

You are cordially invited to join us in celebrating Earth Day on Monday, April 21, 1997, at 11:30 a.m., in each of the student lounges (Schweppe 023 and seventh floor Armour Academic Center).

GRADUATES!! Please make sure you stop by our office to be measured for your cap and gown and to order commencement announcements!

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OFFICE OF STUDENT FINANCIAL AID

101 Schweppe Sprague Hall

942-6256

1986 Tax Laws Treat Some Scholarships as Taxable Income

Many students ask if financial aid has to be reported on their federal income tax returns. The federal government answered that question in legislation passed in 1986.

Students who received scholarship and gift assistance in excess of educational costs may be required to report some of the gift aid as income. Specifically, the changes provide that if the total amount of scholarships and/or grants received in the calendar year (January 1996 through December 1996 includes Winter, Spring, Summer and Fall quarters) exceeds the amount paid for tuition and "related expenses", the excess must be included in the recipient's gross income. Related expenses include books, supplies and instruments. Financial assistance received in the form of loans is not taxable income. Contact the Office of Student Financial Aid if you have questions. The Office of Student Financial Aid has a supply of 1040A and 1040EZ federal tax forms.

1997-98 Financial Aid Materials Available Now

By now many of you have received the Renewal Application for 1997-98 in the mail. This new form has preprinted information and it should take less time to complete. If you did not receive the Renewal Application in the mail, then it is necessary to file a Free Application for Federal Student Aid (FAFSA). The Institutional Application form must also be completed.

The forms are available NOW from the Office of Student Financial Aid or in the 7th floor Armour Academic Center mailbox area. You should be picking up three items; the 1997-98 Financial Aid Handbook; the Free Application for Federal Student Aid (FAFSA) - if you did not receive the Renewal Application; and the Institutional Application for Financial Aid. Please call or stop by the Office of Student Financial Aid if you have any questions. The priority deadline for submission of the Renewal Application or FAFSA is May 15.

Deadlines For Scholarship Programs

Family Practice Program - The Illinois Department of Public Health has announced that the deadline for submitting applications for the 1997-98 year will be May 15. Applications and information are available in the Office of Student Financial Aid or by calling IDPH at (217) 782-1624.

National Health Service Corps - Applications are now available in the Office of Student Financial Aid. The deadline date is March 28, 1997, for medical students and July 1, 1997, for family nurse practitioner students. Call these numbers for further information: 800-221-9393 or 800-638-0824.

Allied Health Care Professional Scholarship - The State of Illinois offers a scholarship of \$7,500 for nurse practitioners. In exchange, the recipient works one year in a shortage area for each year of support. The application deadline is June 30, 1997.



TWO NEW STAFF MEMBERS JOIN THE OFFICE OF STUDENT FINANCIAL AID

Karon A. Hamlet joined the Office of Student Financial Aid on February 3, 1997, and replaces John Benthall who left at the end of December to advance his career in real estate. This is Karon's first position in higher education, having worked for a fund raising organization in Chicago and for First Chicago Bank prior to coming to Rush University. Karon received her BA in Psychology from the University of Illinois in Champaign. Karon is the staff person responsible for all loan processing and loan check receiving.

Shelley A. Westerhof started on February 17, 1997, and replaces Carolyn Greinke. Carolyn accepted a position last October as Assistant Director of Financial Aid at North Park College in Chicago. Shelley comes to us after a stint as a middle school teacher and a researcher for the Internal Office of Investigations for the Chicago Public Schools. Shelley received her BA degree from Dordt College, Sioux Center, Iowa and majored in Elementary Education. She also was the Editor-in-Chief for the college newspaper and active in theatrical productions. Shelley is responsible for exit interviews and general financial aid counseling.

SCHOLARSHIPS

The Association of Haitian Physicians Abroad will award two \$1000 scholarships to students in a medical or health sciences curriculum. Applicants must reside in the Chicago metropolitan area, be of Haitian descent, maintain a GPA of 3.5, and be willing to attend the awards ceremony. Applications will be accepted through August 7, 1997, and are available in the Office of Student Financial Aid.

The Coalition of Higher Education Assistance Organizations offers scholarships to students attending a COHEAO member school. Three \$200 and three \$1000 scholarships will be awarded. Applications must be submitted by May 15, 1997. Contact the Office of Student Financial Aid for further information.

The Joanna F. Reed Scholarship is available to permanent residents of Alabama and Northwest Florida. Applicants may be enrolled in any U.S. accredited medical school, and must prove financial need. Applications must be submitted by May 15, 1997, and are available in the Office of Student Financial Aid.

LaPorte Hospital (Indiana) is offering scholarships of \$300 to \$9000 or the equivalent of tuition and fees to students pursuing health care occupations. Preference is given, but not limited to LaPorte area residents. Applications must be received by April 1, 1997, and are available in the Office of Student Financial Aid.

The John Gyles Education Fund offers scholarships up to \$3000 to students in all areas of post-secondary study. A minimum GPA of 2.7 is required. Applicants must be U.S. or Canadian citizens and may apply through November 15, 1997. Contact the Office of Student Financial Aid for further information.

The Illinois Sheriffs' Association will award 114 scholarships of up to \$500 to permanent Illinois residents. Applicants must be full-time undergraduates. The deadline is April 1, 1997. Contact the Office of Student Financial Aid for application information.

The Baltimore City Medical Society offers scholarships to Maryland residents attending medical school in any U.S. city. Applicants must have previously attended at least three years of high school in Maryland. Awards are based upon financial need, academic achievement, and personal qualities. Applications will be accepted through May 1, 1997, and are available in the Office of Student Financial Aid.

The DuPage County Medical Society is offering scholarships to students enrolled in any health related field. Recipients must be residents of DuPage County, demonstrate scholastic ability, and have financial need. Applications must be submitted by April 30, 1997, and are available in the Office of Student Financial Aid.

The Illinois Hospital Research and Educational Foundation offers scholarships to students accepted in a hospital-related degree program. Applicants must be Illinois residents, have at least one full academic year remaining, and maintain a 3.5/4.0 GPA. Applications are due by April 15, 1997, and may be obtained in the Office of Student Financial Aid.

Institutional Scholarship Availability

Rush University provides institutional scholarship funds for both graduate and undergraduate students. However, submission of parental data is required for eligibility, regardless of age or marital status,

for all students except graduate nursing and graduate health sciences students (review page 7 of the Financial Aid Handbook). Both student and parent data must be included on the Free Application for Financial Aid as well as the Institutional Application. Failure to do so can result in a late award or significantly lower amount.

Web Sites of Interest

Addresses preceded with **http://www**

finaid.org/finaid/calculators/estimate.html

Allows on-line calculations of student and parent contributions.

educaid

General financial aid information and excellent links to other related sites.

ed.gov/offices.OPE/express.html

Download FAFSA EXPRESS software to process FAFSA electronically for 1997-98.

chicago.com

Numerous links to Chicago related sites including newspapers, CTA, etc.

chicago.tribune

Read the Chicago Tribune, and register for additional services that are free at the current time!

imss.org

Visit the International Museum of Surgical Science (located in Chicago) site and get a "simulated

THE ILLINOIS FAMILY PRACTICE SCHOLARSHIP PROGRAM HAS FUNDS AVAILABLE FOR THE CURRENT 1996-97 YEAR. MEDICAL STUDENTS WHO ARE INTERESTED IN THIS PROGRAM SHOULD CONTACT ROBERT A. DAME, DIRECTOR, STUDENT FINANCIAL AID, IMMEDIATELY!

Inside the Student Counseling Center

Marilyn Johnson, Ph.D.

DATE RAPE

Here's a quiz for you:

Have you ever:

1. Had sexual intercourse with a man (woman) when you both wanted to?
2. Had a man (woman) misinterpret the level of sexual intimacy you desired?
3. Been in a situation where a man (you) became so sexually aroused that you felt it was useless to stop him even though you did not want to have sexual intercourse? (*could not stop yourself even though the woman didn't want to?*)
4. Had sexual intercourse with a man (woman) even though you (she) didn't really want to because he (you) threatened to end your relationship otherwise?
5. Had sexual intercourse with a man (woman) when you (she) didn't really want to because you (she) felt pressured by his (your) continual arguments?
6. Found out that a man had obtained sexual intercourse with you by saying things he didn't really mean? (*obtained sexual intercourse by saying things you didn't really mean?*)
7. Been in a situation where a man (you) used some degree of physical force (twisting your (her) arm, holding you (her) down, etc.) to try to make you (a woman) engage in kissing or petting when you (she) didn't want to?
8. Been in a situation where a man (you) tried to get sexual intercourse with you (a woman) when you (she) didn't want to by threatening to use physical force (twisting your (her) arm, holding you (her) down, etc.) if you (she) didn't cooperate, but for various reasons sexual intercourse did not occur?
9. Been in a situation where a man (you) used some degree of physical force (twisting your (her) arm, holding you

(her) down, etc.) to try to get you (a woman) to have sexual intercourse with him (you) when you (she) didn't want to, but for various reasons sexual intercourse did not occur?

10. Had sexual intercourse with a man (woman) when you (she) didn't want to because he (you) threatened to use physical force (twisting your (her) arm, holding you (her) down, etc.) if you (she) didn't cooperate?

11. Had sexual intercourse with a man (woman) when you (she) didn't want to because he (you) used some degree of physical force (twisting your (her) arm, holding you (her) down, etc.)?

12. Been in a situation where a man (you) obtained sexual acts with you (a woman) such as anal or oral intercourse when you (she) didn't want to by using threats or physical force (twisting your (her) arm, holding you (her) down, etc.)?

13. Have you ever been raped? (women only)

Now compare your answers to those given by a sample of nearly 3900 college students in this country.

Item	Women	Men
	% yes	% Yes
1	75	81
2	70	53
3	33	23
4	6	4
5	21	15
6	20	19
7	30	6
8	18	2
9	9	2
10	3	2
11	8	3
12	6	2
13	6	-

You will note that both women and men have experienced sexual intercourse in certain less-than-ideal situations: fear of losing the relationship,

pressure from arguments, and deception. It is only when physical force is used that their experiences diverge. Until recently, few people would have defined forcing a woman to have intercourse against her will as rape if, for example, (a) the male involved was her boyfriend or even a casual date; (b) she had sex with him before; (c) she had considerable sexual experience; or (d) she said she would have sex with him but changed her mind. The term for forced sex between couples who know each other well or casually is date rape or acquaintance rape.

Growing awareness of the phenomenon of date rape has been spreading in this country, with special attention being paid to incidents on college and university campuses. There is mushrooming literature on the subject, most of it resulting from surveys of female and male college students. The percentage of women who report being forced to have sex varies from campus to campus: 22%, 25%, 58%, 75%, 77%. Date rape is seriously under-reported because it often takes place between intimates and because many women do not initially regard it as rape. Many women will discuss date rape incidents with women friends but will not report them to authorities as they might in cases of stranger rape. Women in serious relationships report feeling more pressure to have sex and feeling that it is inappropriate to refuse even when their partner uses force. At one campus, over 50% of the women reported that they had been pressured to participate in kissing, petting and oral sex with casual dates, and to have intercourse in cases of serious dating. Among another group of college women surveyed, 10% reported that they had forced sexual experiences within the past year, with penetration occurring in half of the cases; 6% of the men in the same survey acknowledged forcing a date to have sex.

continued on next page ->

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Nearly all of the college surveys inquired into men's experiences as an aggressor and as a victim and, in most studies, small numbers of men consistently reported being pressured verbally into having unwanted sex; physical force was never used against them. In one study, 74% of college men said they believed that a woman's "no" means "yes". Overall, more men than women condoned aggressive sexual behavior. Another study reported that men whose test scores indicated high sexual aggressiveness and men who believed a large number of rape myths (e.g., women want to be raped, no woman can be raped if she doesn't want it, etc.) were less likely than other men to regard sexual aggressiveness toward women as rape, and they tended to blame women victims more than the other men.

One of the most interesting and well-conducted set of studies on date rape found a replicable pattern: many men considered date rape is justifiable when (1) the woman initiates the date; (2) the man drives; (3) the man pays for their entertainment and food; and (4) the woman is willing to visit the man's apartment. These findings suggest that women should be non-assertive regarding asking men out and visiting their living quarters and assertive about sharing driving and the cost for the dates(!) The men who felt that date rape was justifiable were usually men who held traditional views of women, who accepted rape myths, and who accepted violence and adversarial attitudes in relationships. In a comparison of male and female opinions on primary problems in dating, 23% of the females cited unwanted pressure to be sexual, while 35% of the males cited communication problems. Finally, as in cases of physical abuse, the person who tolerates sexual abuse in one relationship is likely to face it in subsequent relationships. Two studies indicated that, as dating becomes more serious and leads toward marriage, women experience more sexual pressure and men believe that they have more right to sexual domination.

Date rape is not an issue about which anyone can feel indifferent. One may feel angry that women are exploited in this way; one may feel angry that women are "using" this issue against men. Some may apparently find the whole matter irrelevant—that is, they haven't raped or been raped, so what's the big deal? Tap this attitude a bit more deeply, however, and you may arrive at a belief that no woman can be raped by someone she knows unless she asks for it, and that she will plead rape, including date rape, to cover embarrassment about her own behavior.

One more list. Consider the following conditions in which date rape may occur and decide where the line between date rape and consent begins to blur for you.

She has had intercourse with other men.
She is stoned or drunk.
She says she will have sex but changes her mind.
She lets him touch her above the waist.
They have dated for a long time.
She has had sex with him before.
She is wearing suggestive clothing.
She is out by herself late at night.
She is living with him but they are not married.
She is married to him.
She is married to him but they are currently separated.

Finally, if you feel that you have experienced date rape (or if you are not sure), whether male or female, talk about it. If it has taken place in an intimate relationship and if you love your partner, talk with him or her about it. If it happened in a casual dating situation, talk with a close friend and decide how you want to handle sex in the future. If you don't want to share this with any of your peers, consider coming to the Student Counseling Center and talking it over with one of us. Not talking about something as important as sex won't make the problem go away.

RUSH STUDENTS!!!

EARN \$25.00 GIFT CERTIFICATES from the RUSH UNIVERSITY BOOKSTORE.

**Help raise \$\$\$\$ for
Student Financial Aid
at Rush Medical College.**

*Volunteers are needed for
Spring Phonathon
Monday and Tuesday, April 7
and 8*

**5:30 - 9:30 p.m.
at the Alumni Office
1700 West Van Buren (TOB),
Suite 250.**

**•Free Pizza
•Free Parking
• \$25.00 Gift Certificate
for each night you call!**

**Volunteer
by calling
Marva in the
Alumni Office
at extension 27227.**

WELCOME!

College Admission Services welcomes it's newest Admissions Counselor, **Betty Williams**. Betty joined our staff in January after previously working at UIC in their Graduate Admissions Office. Welcome aboard!

Office of International Services Showing FREE FILMS

The Office of International Services is showing free films for the Medical Center Community on one Wednesday per month at 4:30 p.m. in the Student Lounge, room 023 Schweppe Sprague Hall. For more information call 942-2030.

Films in the series include:

March 12: Il Postino (The Postman) (in Italian with English subtitles). A famous Chilean poet in temporary exile befriends a young, untutored postman and helps him to win the hand of a local beauty. Four Academy Award nominations, winner of Best Original Score.

April 9: Antonia's Line (in Dutch with English subtitles). An 88-year-old Dutchwoman recalls her past on the last day of her life, telling the legacy of life and love spanning five generations, filled with colorful characters. The 1995 Academy Award winner for Best Foreign Language Film.

May 14: I Can't Sleep (in French with English subtitles). Capturing the psychological undercurrents that haunt the modern urban world, this jigsaw narrative weaves together fragments which reveal the connections between a group of disconnected characters.

Let's Celebrate NATIONAL LIBRARY WEEK!

Open House
Thursday, April 17, 11am - 2pm
Library - 5 Armour Academic Center

AUTHOR! AUTHOR! DAY

Honoring all authors (faculty, staff and STUDENTS) in the Rush Family who have published items, including home pages, from '96-'97!

Bring us 2 copies of your journal articles, book chapters, home pages, stories or poetry, and a copy of any book (to be returned after the event) for our display.* We will mount your home pages on a Library workstation for viewing during National Library Week.

Exciting Raffle Prizes!
Electronic Demos!
Refreshments!

*Author entries must be submitted by Monday, March 24 - Entry forms are available in the Library, Learning Resource Center and PC Lab.

MEDICAL STUDENTS FOR LIFE FORMS CITY-WIDE NETWORK

by William V. Blazek, Jr.
M3 Rush Medical College

Medical students from Rush are cooperating with students at Loyola's Stritch School of Medicine, Northwestern, University of Illinois and Pritzker School of Medicine in a new organization. The purpose of **Medical Students For Life** is to promote respect for human life in all its stages, from conception to natural death. The student group boasts of members in schools as far as Guadalajara and the University of Navarre in Spain. **MSFL** cooperates with a similar East Coast organization based at the University of Virginia Medical School in what is becoming a rapidly growing nationwide effort to promote its message.

Medical Students For Life offers its members opportunities to participate in educational, publicity, and public service activities. If you are interested in getting more information, email Students_for_Life@msn.com. Also you can reach the organization through the Office of Student Affairs. Their in-house address is SSH017.

'70's T.G.I.F. was "FAR OUT"!

Some Rush students really know their stuff (Brady Bunch stuff, that is)! The Brady Bunch Trivia Contest, held at our recent '70s T.G.I.F., was won by Brady Bunch Theme Song "experts", Jim Trione, M3; Nick Nadkarni, M3; and Alex Horowitz, M2. All three won *Entertainment '97* coupon and entertainment books. Winners of our drawing for '70s tapes were, Nicole Stec, N4; Dan Menees, M2; and Kary Law, M2.

Although this event was not co-sponsored by a student organization, the Office of Student Affairs wishes to thank those students who, just because they're doggone nice, helped us with this event. We hope you all had a "blast", man!

REGFLASH!

So you think you're graduating? Are you sure?

This is the first of what will be a regular column by the Registrar that will attempt to clarify . . . demystify? . . . many of the procedures and services that students regularly use, but don't always really understand. We hope Rush students will find this column informative and we encourage you to offer suggestions for future columns.

Congratulations, you've made it! You're graduating! Well, that's nice, but who else knows it besides you? Who needs to know it, you ask? If you anticipate completing your program of study, earning your degree, and marching in the June '97 commencement ceremony . . . READ ON!

REGFACT: *Graduating is NOT automatic. EVERY student (without exception) who expects to graduate in a given quarter must apply.*

Question #1 I recently received an **Intent to Graduate** form in the mail. Do I really need to fill this out?

Yes! Don't let it sit on your desk or let the dog eat it! Please read the REGFLASH fact sheet that is attached and save it for reference. If your advisor's signature is required, don't return the form without it, we'll just have to send it back to you. Fill it out and get it back to the Office of the Registrar ASAP!! If you did not receive one in the mail, come to the Office of the Registrar and pick one up on the double! While you're in our office ask our staff to check the student data system to confirm what quarter it shows you as graduating. Chances are students who didn't receive the **Intent to Graduate** form in the mail, did not update their anticipated graduation date (have you noticed that we give students the opportunity to do that on every registration form?), have moved, or changed their mailing address and never filled out a Change of Address form.

REGFACT: *A student is considered graduated only when every academic requirement of the program has been satisfied, including thesis or dissertation, and clearance procedures are completed by the specified deadline.*

Question #2 When do I really need to be done?
When are the deadlines?

If you anticipate completing all your requirements in the Winter '97 quarter, the deadline for completion is 03/21/97. If you anticipate completing all your requirements in the Spring '97 quarter, the deadline for completion is 06/13/97. However, during the Spring quarter, the June 13th deadline does NOT APPLY TO . . . Ph.D., DNSc, or Masters-candidates who are required to file their thesis/dissertation with the Library. The deadline for these students is **May 15, 1997**.

Deadlines for completion are NON-NEGOTIABLE. Repeat, NON-NEGOTIABLE! If you are unable to complete all requirements by the deadline specific to your degree you will need to become a candidate for graduation in the next quarter and will be required to register.

REGFACT: *Graduation and commencement are not the same thing! Commencement is a ceremony, graduation denotes the completion of all the requirements necessary to earn a degree.*

Question #3 How will I get information about commencement, like ordering invitations, or how and when I'll get measured for a cap & gown?

By completing and submitting an **Intent to Graduate** form, you will insure that your name is included on the master graduation list which is shared by all the offices which coordinate graduation activities.

REGFACT: *Completing the academic program and insuring that transfer credit (or other kinds of credit awarded toward a degree) is on the student's academic transcript is the student's RESPONSIBILITY.*

Question #4 What can I do to make sure that there are no scary surprises awaiting me as I get closer to graduating?

Come into the Office of the Registrar and order a student copy of your academic transcript. Review your record for inconsistencies like: Are there any "I" grades not replaced with final grades? Is my GPA satisfactory? Are all the required courses and electives reflected? Do I have the sufficient number of hours required to graduate? Is all the transfer credit for which I petitioned and received approval reflected? Are there any incorrect grades?

Ideally, every student should go over their academic record with their advisor, but at the very least the student should review their own record and research any discrepancies **immediately**.

By **June 6, 1997**, medical students must be sure that **all** evaluations are received by the Office of Clinical Curriculum and pagers have been returned to the Office of Telecommunications or diplomas will **NOT** be received at commencement. Direct your questions regarding these requirements to Ms. Pat Lewis at 942-6915.

REGFACT: *The Office of the Registrar is always here to help!*

Question #5 Who can I speak to specifically about my graduation status?

Come in and ask to see the Assistant University Registrar, **Judith Hernández-Neikrug**. You are welcome to drop in for quick questions, but please make an appointment if you require special assistance with a problem or want an in-depth review of your status.



COLLEGE OF NURSING

Office of the Dean

1997 Convocation Ceremony

The 1997 Convocation Ceremony, will be held Friday, June 13, 1997. At the Pinning Ceremony, part of Convocation, prelicensure students receive their nursing pin with special scholarships and awards being presented.

Prelicensure and GEL students are eligible for the following awards:

- Alumnae Awards
- Professional Service Award
- Luther Christman Alumni Award
- Writing Award
- Alumnae Clinical Excellence Award
- Ruth E. Schmidt Endowment Fund for Nursing Education
- Dean's Award
- Excellence in Gerontological Nursing Award
- Freeland Scholarships

Graduate Students are eligible for the following awards:

- Alumnae Awards
- Professional Service Award
- Merrill Lynch Nurse Practitioner Scholarship (New!)
- Dianne Nora Clinical Excellence Award
- Writing Award
- Golden Lamp
- Dean's Award
- Mary S. Oakley Gerontological Award(s)

Additional information will be posted and mailed to students, so check the bulletin boards and your mailboxes. **Deadline for nominations is April 8, 1997.**

Career and Educational Opportunities Fair

The College of Nursing will be holding a Career and Graduate Education Opportunities Fair on Monday, April 21, from 12:00 - 2:00 p.m. in the Schweppe Auditorium. Recruiters from the Rush System for Health Hospitals will be able to discuss available positions, e.g., nursing assistant, entry level and advanced practice. The departments of the College of Nursing will be represented by the Associate Chairs to discuss graduate programs of interest to students. In addition, a variety of other organizations such as Sigma Theta Tau, the nursing honor society, and the Alumni Association will be available to answer questions and showcase their activities. This is an excellent time to find out about the Rush System for Health and potential employment and educational opportunities. Refreshments will be provided. Hope to see you there!

Adult Nurse Practitioner New Area of Concentration

The College of Nursing is please to begin accepting applications in the Adult Nurse Practitioner area of concentration at the MS level for matriculation in Fall Quarter of 1997. The ANP program prepares nurses at the graduate level to function as primary care providers to adult populations. Graduates of the program are eligible to take a national examination for ANP certification. Additionally, we will have options for dual certification

programs combining the ANP with psychiatric nursing, gerontological nursing and women's health. The ANP will also be available soon as a post-master's option. **Application deadline for the ANP-MS program is August 1, 1997.** Interested applicants should contact the Admissions Office for further information at 942-7100. You can see example programs of study for the ANP-MS and all other areas of concentration on our Web site: www.rush.edu/Rushu/nursing.htm!

Is June Graduation in Your Future?

If the answer is yes, it is probably a good time to meet with your advisor and review your program of study. Have you taken the requisite number of hours to graduate? Do you have all of your required courses? If applicable, does actual transfer credit appear on your transcript? Keeping track of your credit hours through your matriculation is always a good idea. If you have not done so in a while, spend some time with your advisor and review your record. It will be time well spent.

Leave of Absence Request

If you must take a leave of absence, be sure to: 1) pick up a form in 1418 Schweppe, and 2) meet with your advisor, and 3) obtain all the required signatures.

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Procedural Reminders

Annual Update of Health Requirements

CPR and OSHA certification and TB screening must be renewed every year. You must submit documentation indicating that you have attended CPR and OSHA training sessions and have had an annual TB screening. Some CPR certifications may extend two years. Check the back of your CPR card to be certain then send us a copy. We must have documentation on file in 1418 Schweppe or you will not be able to participate in clinicals and register for the next quarter.

Bring copies of your documentation to Ms. Alvina Beamon in Room 1418 Schweppe. It cannot be overstated that **YOU WILL NOT BE PERMITTED TO REGISTER FOR NEXT QUARTER IF YOU ARE NOT IN COMPLIANCE WITH ALL HEALTH, OSHA AND CPR REQUIREMENTS.** You will receive a delinquent notice and a copy will go to your advisor. You also must immediately notify the College of Nursing if there is a change in the status of your RN license regardless of expiration date.

Second Annual College of Nursing Research Facilitation Series

Be sure to mark your calendars to take advantage of the visits of research experts to the College of Nursing. The visits will follow much of the same format as that was used last summer. The visitor will give a prepared address in the morning followed by an informal group discussion. The visitor will then be available for lunch and individual appointments. This summer's series will include the following experts:

Susan Hughes, Ph.D., Thursday, July 10. Areas of expertise: home health, costs and model development research issues.

Margaret Heitkemper, Ph.D., R.N., Monday, July 14. Areas of expertise: research related to gut function, stress and nutritional alterations.

Beth Devine, Ph.D., R.N., Tuesday, July 15. Areas of expertise: meta-analysis and qualitative issues.

Gina Barclay-McLaughlin, Ph.D., Thursday, July 17. Areas of expertise: recruitment and retention of minority and inner city populations for health research.

Annette Wysocki, Ph.D., R.N., Monday, July 21. Areas of expertise: bench and clinical research especially in the area of chronic wounds and spinal cord injury.

Madeleine Leininger, Ph.D., R.N., Tuesday, July 22. Area of expertise: transcultural nursing.

This promises to be another exciting opportunity to meet and discuss serious research issues with outstanding experts. Times for lunch with the experts and individual consultation appointments will be posted at the beginning of summer quarter. Be sure to sign up because a "first come, first served" policy will be used in reserving space at the luncheon and in arranging appointments.

ARE YOU WILLING TO SHARE LIFE?

by Georgette Tsenekos
Rush Blood Center

Each year, men, women and children of all ages and backgrounds are diagnosed with deadly diseases. At some point during their treatment, they will require platelet transfusions. Without the help of platelet donors, life for these people would not exist.

I understand that certain things may cause you to not donate platelets. If it is fear, release it from your mind. Fear holds you back from accomplishing great things in life. Some of the greatest contributions made to society were by people who would not allow fear to get in their way.

If time is an issue, do not allow it to be. I am not asking that you donate platelets every other week. Try it once and, if it works for you, donate every couple of months.

If you were in need of platelets, I am sure you would want someone to help you. Life is about sharing, reaching outside of oneself to touch others' lives.

I leave you with one last thought from Eleanor Roosevelt, one of the greatest women in American history who I most admire: "Do That Which You Cannot Do."

OFFICE OF FINANCIAL AFFAIRS
Schweppe-Sprague Room 101
942-6584

\$ MATTERS

The Office of Financial Affairs wants you to know that tuition and fees, i.e. insurance and rent, for the Spring Quarter of 1997 are due the **first** week of classes, **March 31, 1997**. Please be advised that your Student Data Sheet, **SDS**, is your **bill**. An invoice will be mailed on or around April 14, 1997, at which time a \$100.00 late fee will be applied to all unpaid tuition balances. Please contact the Office of Financial Affairs, if necessary, to make payment arrangements. Diplomas, for those graduating, and transcripts will be placed on hold and will not be released until all tuition is paid in full.

REFUNDS

Tuition overpayment checks *may be* available to be picked-up after 1:00 p.m. on **March 25, 1997**, if the school has received the funds from your lending institution by **Electronic Funds Transfer (EFT) or Mastercheck**. In order to receive an overpayment by March 25th, you must call or stop by the Office of Financial Affairs by 3:00 p.m. on **March 19, 1997**, and request that a check be ordered for you. **Refunds will only be available if you are a registered student and your tuition has been paid in full**. For those students not receiving EFT or Mastercheck for Stafford and HEAL Loans, please stop by the Office of Financial Affairs to sign over the loan checks. This only needs to be done if you are **not** receiving **Electronic Funds Transfer (EFT)** or Mastercheck.

LEAP

Students receiving LEAP must have all the necessary forms submitted no later than **March 3, 1997**. If forms are not submitted on time, you will either be assessed a late fee or be responsible for your tuition and fees for the quarter. Forms should be given to Clare Quinn, LEAP Program Administrator, in the Human Resources Department. Please call 942-3641 or stop by the office if you have any questions regarding LEAP.

JUNE GRADS

The office of Financial Affairs cannot accept personal checks from June graduates for payment after **May 23, 1997**. Payments must be made in cash, by cashier's check or money order after that date. Also, graduating students will not be allowed to cash personal checks after May 23, 1997.

Call or stop by the Office of Financial Affairs if you have any questions regarding the above matters.

Calling all Rush Medical College Students!

The Alumni Association and the Student Council are co-sponsoring "Residency: What It's All About" on Wednesday, March 5, 1997 from 5:30 to 7:30 p.m. in the Searle Conference Center, Room 542. Hear how current residents from many different specialties chose their program and what you can expect when you are finally a resident. We will also have Rush Alumni who are directors of residency programs on the panel. All Rush Medical College students are welcome. Call the Office of Alumni Relations at 942-2569 to reserve your spot!

M4's Meet Your Match!

All fourth year medical students will find out the location of your residency on March 19, 1997. Watch your mail for details regarding this day. We wish you the best of luck!

Dinner and Dancing at Navy Pier

All graduating medical students are invited to take part in dinner, dancing and fun at the Chicago Children's Museum located at Navy Pier on Saturday, June 14, 1997, from 6:00 to 10:00 p.m. Cost for this event is \$20.00 each for the first two tickets with additional tickets costing \$10.00 each. Please contact Alumni Relations at (312) 942-7164 with any questions.

NURSES PHONATHON

Please join in phoning nursing alumni to raise funds for student assistance programs and graduation pins. You will receive a \$25.00 gift certificate for the Rush University Bookstore. Bring your friends and enjoy free pizza while you call! Call the Alumni Relations Office at (312) 942-7164 for more information.

**"THANK YOU"
FROM NSSLHA**

Members of the National Student-Speech-Language-Hearing Association (NSSLHA) would like to thank everyone who supported "Art Gallery T.G.I.F." held on Friday, February 14, 1997. The event, co-sponsored with the Office of Student Affairs featured dazzling pieces of work from Rush's very own talented artists. NSSLHA is interested in co-sponsoring more fun-filled activities with other student organizations. Please contact the Office of Student Affairs at extension 2-6302 for more information.

Bookstore News

by Paula Smith, Manager
Rush University Bookstore

Research and research papers. There is just no escaping them. Personally, I tried to avoid doing either in graduate school. No offense to the library, but any place that did not have a pinball machine lacked appeal for me so I did my best to stay away. I was in the guidance and counseling department and told many sad-and-or-funny stories with my back facing the listener! These stories, however, could be drawn from my own experiences and did not require any trips to the library or time spent with a typewriter so things worked out okay for me. I wonder now if Generation X'ers know what a manual typewriter even is. Without spellcheck it was difficult to find errors and even worse to try to correct them with those awful typing erasers! Now here is the way to do research and papers:

RN-DEX: Student Edition - With this Delmar software, you will have information from over 100 leading nursing journals at your fingertips. This CD-Rom allows you to quickly search through more than 36,000 article abstracts dating back to 1992 in order to find the information you need to write papers, prepare care plans, answer clinical questions and conduct literature reviews. RN-DEX is available for \$49.95.

Reference Manager - The easiest way to organize your bibliographic references and create formatted bibliographies in virtually any style. As you rewrite your papers and change citations, Reference Manager automatically reformats your bibliography. Other features like automatically updating term lists, global editing, and saving retrieval strategies make it a valuable research tool. The student version is available for \$99 until March 31.

EndNote Plus & EndLink - EndNote includes 300 bibliographic styles for various academic disciplines and journals. Choose or create a style, such as APA, MLA, or Turabian, to format reference lists for term papers, dissertations, or articles. EndNote will create your bibliography automatically in your word processor. You can also use it as your own personal electronic card catalog to organize information from books and articles. EndLink imports references downloaded from on-line services, such as MedLine and BIOSIS, directly into EndNote. Bundled together in a student edition, these products sell for \$99.95.

Grateful Med - This easy to use software package puts the resources of the National Library of Medicine at your fingertips. Regardless of where you live, you will have access to the literature in all areas of biomedicine and health care. Grateful Med comes in Macintosh or IBM compatible for \$39.95.

SPSS Grad Pack - Real Stats. Real Easy. Enough said. \$149.95.

Stop by and pick up our Campus Computing Sourcebook. We are offering some great deals for Microsoft Office 97 and Corel WordPerfect Suite. Did I mention Zip Drives?

Back by popular demand are the binders with the zip closures. Who knew they would be so popular? Watch the clothing area for our stylish spring line. We have some new designs for our embroidered sweatshirts and tees. Such a fashion statement you will make over spring break with these!

Of course, we still have books for all your study and research needs. Stop by and see our book display for Women's History Month. Always something interesting there. Spring break is a great time to buy some of the medical fiction you have been wanting to read. *The House of God* is always popular and, for other suggestions, speak with the manager.

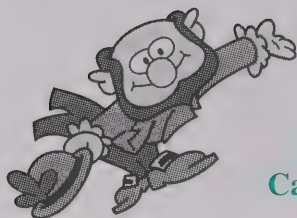
Good luck on exams and have an enjoyable spring break!

SNA Corner

Congratulations to the 1997-98 SNA Board of Directors:

President:	Joe Forte
Vice-President:	Kim Buda
Secretary:	Stephanie Halsey
Treasurer:	Jackie O'Boye
Community Service Coordinator:	Michelle Shuberg
Membership Coordinator:	Stephanie Kunz
Summer Start Representative:	Jennifer Hong

Don't forget, the NSNA Convention is being held in Phoenix, Arizona, April 9-13, 1997!



EMPLOYEE HEALTH AND FITNESS PROGRAMS

Call 942-2817 to register for any of the following programs



Aerobics

Aerobic classes are offered in the Schwegge Auditorium throughout the week at 7:45 a.m., Noon, 4:00 p.m. and 5:30 p.m. Mats, steps and weights provided. Pick up a schedule of classes in 192 Murdock.

National Nutrition Month - Veggie Challenge

Experience a new, healthy way of eating . . . try the Veggie Challenge! Participants will be encouraged to eat a vegetarian diet (including dairy and egg products if desired) at least five days during the month of March. Those who complete the challenge will be included in a raffle drawing. Register outside the cafeteria on Thursday, February 27, from 11:00 a.m. until 1:00 p.m. or at Employee Health and Fitness in 192 Murdock.

Lunchtime Stress Express

Don't let headaches get the best of you. Attend "Headaches: What You Should Know, What You Can Do" on Friday, March 14. This session will be held in 210 Cafeteria. Pre-registration required. Free!

On Friday, April 11, learn to simplify your life . . . attend "Clear the Clutter . . . Get Organized!" This session will be held in 210 Cafeteria. Pre-registration required. Free!

Motivate Your Muscles

This four-week class will help you determine your own fitness level and develop an appropriate exercise regimen to reach your fitness goals. The first class will be held on Wednesday, April 9 at noon in the Schwegge Auditorium. Cost is \$20 (includes t-shirt, water bottle, flex tubing, exercise log and lots more!). Pre-registration is required.

Lunch'N Learn

"Helping Children Deal with a Serious Illness or Death of a Loved One" will be presented on Thursday, March 20, in 205 Schwegge. "Osteoporosis Prevention and Treatment" will be discussed on Wednesday, April 16, in 210 Cafeteria. Both of these free sessions will be held from noon until 12:45 p.m. Pre-registration required. Free!

CPR - Healthcare Provider and Pediatric Classes

A Healthcare provider CPR class will be held on Tuesday, March 25 from 8:30 a.m. until Noon. This American Heart Association certification course covers infant, child and adult CPR techniques for the clinical person. A non-certification pediatric CPR course will be offered on Wednesday, April 30 from 1:00 p.m. - 3:30 p.m. and will cover child and infant CPR skills as well as pediatric injury prevention. Pre-registration required. Register by bringing \$15 payment to 192 Murdock.

Breast Self-Exam

Take this opportunity to learn the proper technique for self-breast exam and the American Cancer Society guidelines. This class will be held on Tuesday, April 15 at noon in 863 Professional Building. Free!

Choose to Lose

Learn to manage your weight by reducing the fat in your diet and increasing your level of physical activity in this 10-week weight management class. Free orientation Tuesday, April 15 at Noon. Location to be announced.

The Office of Student Affairs is located in Room 023, Schweppe-Sprague Hall. Telephone 942-6302

PHOENIX WAS A SUCCESS!

Board members of the Rush Chapter Student Nurses Association attended the National Student Nurses Association annual convention in beautiful and **warm** Phoenix, Arizona. Two members served as delegates and voted on NSNA bylaws and resolutions. Other members attended workshops related to job marketing skills, participated in breakout sessions with other nursing students from around the country, focusing on the latest trends in nursing, and attended lectures regarding areas of specialty nursing. Highlights included Illinois winning awards for finance, a career development center, and an exhibit hall. Here's hoping to see the Rush Chapter SNA at the 1997 midyear conference in Atlanta, Georgia (November 13-16)! The 1998 NSNA annual convention will be held April 15-19 in Cincinnati, Ohio.



Pictured (Left to Right): Jennifer Hong, Stephanie Kunz, Nicole Mohiuddin, Joe Forte, Maggie Gordon, Stephanie Halsey, Michelle Shuberg, Kim Buda, Jackie O'Boye.

INSIDE

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- * NSSLHA's Agenda
- * Inside the Student Counseling Center
- * College of Nursing - Office of the Dean Notes
- * Bookstore News
- * 1997-1998 Chicago Schweitzer Urban Fellows
- * Student Affairs Entertainment Guide
- * Winter Quarter Dean's List



OFFICE OF STUDENT FINANCIAL AID

101 Schweppe Sprague Hall

942-6256



Scholarships Available

The Spencer Foundation

offers dissertation fellowships to doctoral candidates in any field of study. Thirty fellowships of \$17,000 will support completion of a dissertation involving research relevant to the improvement of education. Requests for applications must be received by October 10, 1997. Contact the Office of Student Financial Aid for further information.

The Madison County Medical Society announces scholarships totaling \$10,000 for third and fourth year medical students who's legal residence is Madison County, AL. Awardees are chosen based upon academic performance, with financial need being secondary. Applications must be submitted by July 1, 1997, and are available in the Office of Student Financial Aid.

The Association of Haitian Physicians Abroad will award two \$1000 scholarships to students in a medical or health sciences curriculum. Applicants must reside in the Chicago Metropolitan area, be of Haitian descent, maintain a GPA of 3.5, and be willing to attend the awards ceremony. Applications will be accepted through August 7, 1997, and are available in the Office of Student Financial Aid.

The Coalition Of Higher Education Assistance Organizations offers scholarships to students attending a COHEAO member school. Three \$200 and three \$1000 scholarships will be awarded. Applications must be submitted by May 15, 1997. Contact the Office of Student Financial Aid if interested.

The Belleville, Montrose, Exeter Emergency Medical Service Scholarship is being offered to a graduate of Belleville (WI) High School. Applicants must be full-time students in medicine, nursing or an emergency medical service program. Applications, available in the Office of Student

Financial Aid, must be submitted by June 29, 1997.

The Joanna F. Reed Scholarship is available to permanent residents of Alabama and Northwest Florida. Applicants must be enrolled in any U.S. accredited medical school and prove financial need. Applications must be submitted by May 15, 1997, and are available in the Office of Student Financial Aid.

The John Gyles Education Fund offers scholarships up to \$3000 to students in all areas of post-secondary study. A minimum GPA of 2.7 is required. Applicants must be U.S. or Canadian citizens and may apply through November 15, 1997. Contact the Office of Student Financial Aid for further information.

The Illinois Department of Public Health is providing several \$7500 Allied Health Care Professional Scholarships to nurse practitioners, physician assistants and certified nurse midwife students. Upon graduating, recipients must practice in designated areas of Illinois one year for each year

scholarship funds are received. Awards are based upon financial need and academic capability. Applications must be postmarked by June 30, 1997 and are available in the Office of Student Financial Aid.

The Illinois Department of Public Health is granting awards of up to \$4500 under the Nursing Education Scholarship Program to students pursuing a certificate, associate degree or bachelor of science degree in nursing. Recipients will be U.S. citizens or permanent resident aliens with permanent Illinois residence for one year. Upon graduation, students must begin employment in Illinois for a period of time equal to the educational time supported by the scholarship. Applications must be postmarked by June 1, 1997, and are available in the Office of Student Financial Aid.



ATTENTION Spring Graduates!

All federal student loan borrowers (including Rush University borrowers) must attend an Exit Interview prior to the release of his/her diploma. The entire process takes approximately an hour and provides you with useful information regarding your rights and responsibilities as a borrower. Watch your mail for dates and times.

If you have not received any information regarding exit interviews by mid-May, contact the Office of Student Financial Aid. If you have received information and you are not graduating this quarter, have previously attended an exit interview, or cannot attend the scheduled interviews, please call the Office of Student Financial Aid at 942-6265 as soon as possible.

News you can use...

The Office of Student Financial Aid has some valuable newspaper articles that you can find in the wall files next to the reception desk. One recent article is on the burden of student loans after graduation, and provides tips on handling student debt. Stop by and pick one up today to learn more about being a responsible borrower.

RUSH-PRESBYTERIAN- ST. LUKE'S MEDICAL CENTER SECURITY REPORT

All educational institutions are required to provide an annual security report to students and employees. The report is now complete and is being distributed to students via campus mail.

Additional copies may be picked up from the Office of Student Affairs, Schweppe-Sprague 023, or the Office of Student Financial Aid located in 101 Schweppe-Sprague.



NSSLHA NEWS!

The members of the National Student Speech Language Hearing Association (NSSLHA) are pleased to announce efforts to help protect the environment, just in time for Earth Day! Recycling bins for aluminum cans are now located in the lobby and on the second floor of Schweppe Sprague Hall. Please help NSSLHA and our planet - drop off what you *can*!! Also, be on the look out for a car wash and scrumptious bake sales; they're coming soon this spring and are all sponsored by Rush University's very own NSSLHA chapter!

Inside the Student Counseling Center

Marilyn Johnson, Ph.D.

Dear Mom,

Thanks for the letter and all the clippings. I'm so glad the whole family will be able to make it to graduation. I thought the day would never come.

The clippings you sent paint a pretty confused picture about what will be happening in medicine in the next few years. Maybe it's a good thing that I haven't had time to read about it until recently. Don't worry, Mom, I'm sure there will be a place for me after I finish my residency.

Actually, it's hard to predict what kind of a world I will enter when I've finished my residency (do you notice that I keep talking about when I finish and I haven't even started?). I hope there will be improvements in health care. I know we need something different than we have now. When I did part of my medicine clerkship at Cook County Hospital, I really understood what a "two tier healthcare system" meant, and while it was depressing, I was also inspired by some of the physicians and nurses there. They provide good care in a nearly impossible system.

This fourth year has been the best year of all since I've been taking electives and by now I occasionally know what I'm doing! It's hard to believe how much I've learned since the be-

ginning of my third year. For so long I thought I was hopeless and would have to drop out because I just didn't have what it takes and then one postcall morning I realized that I felt great. I had handled things well the previous night and I knew what was going on and what to do. I was tired but I was elated and so relieved to know I could do this after all. I've had some ups and downs since then, but I've never doubted that I can become a good physician.

Being at this point leads me to try to organize the experiences of the last nearly 4 years, the good and the bad. The bad first. Most of the bad was feeling stupid and fearing that I'd always feel stupid. I also didn't enjoy clerkships where there was little or no teaching because I never learned to feel competent in those cases, and I was aware that precious time was being wasted. I didn't like being pimped and I didn't like it when people treated me and/or my classmates disrespectfully, although I learned to handle it most of the time. And yes, I was frustrated by feeling chronically tired and deprived of time for friends and fun, but that was not a major problem.

Another disappointment was learning that there was no automatic helpful connection between women nurses and medical students and physicians. I guess I was too idealistic, but I'd looked

forward to sharing the caretaking experience with other women and it didn't happen very often. I've talked to enough people by now to understand how complicated the relationships are by professional roles and power and status, but I still would like to work at creating an environment where we could work together with affection and respect.

When I started medical school, you asked me if there was much sexism here; I recall telling you that, as far as I could tell, things were pretty equal here. After all, nearly half of my class was women and we were treated well. (I must admit, Mom, that I thought you sometimes went too far, seeing sexism everywhere and it was kind of embarrassing.) Now, at the end of my clinical years, I might not be so sanguine. I've seen things happen, heard things said on the floors that upset me, where it was clear that a woman student was being treated different simply because she was a woman. I know too that a couple of my friends have been hit on by married guys who hinted that good evaluations might be forthcoming if they got to know each other better. It's tricky too, because they know how to be subtle and careful enough that if you protest, they just laugh and

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say they were joking so who looks like a fool if you complain to someone about it? I don't think bad evaluations came from their refusals, but the whole thing left me feeling depressed.

There were more good than bad experiences. The best times, as I said earlier, were when I felt competent, when I knew what was happening with my patient. Also, I've almost (but not quite) learned to feel good about times when I could help a patient simply by listening, holding a hand, paying attention. It does not seem enough to do, yet I can see that patients appreciate it and experienced people tell me not to dismiss it too lightly. It is very difficult when I realize that someone is going to die no matter what we do and I don't know if I'll ever learn to deal with it. Maybe I will get to that point but right now I still have a lot to learn that I hope will help me be able to do more to make people better. Another good feeling came from being a part of the medical group, almost like being part of a secret society with its own language and rituals. After feeling like an outsider for so long, it felt wonderful to be included in the lunch group or in discussions as some of us wrote our notes.

The other wonderful part of the last four years at Rush was all the opportunities I've had to take what I've learned out into the community. I've told you about the St. Basil's Clinic program where I learned so much and felt so good helping people who don't have access to expensive

healthcare. There are other programs too, and it's very affirming to see that most of my classmates genuinely enjoy the process of caring for others.

I have made some wonderful friends here, many of whom will be leaving for faraway places in June. It doesn't seem quite real that we won't be together much longer; we're trying to spend time together now that we're basically finished with school. It really is true that suffering together makes people close! I wonder how many of us will keep in touch; I know it will be difficult because we'll all be so busy but fortunately I will have some of them here in Chicago.

And then there's love. I wish I had met someone during school because I worry that I won't have time to meet anyone for the next three years. Some of the women in my class had babies during medical school and I envy them; I know it was hard for them but still they have their children. I'm not getting any younger and I'll be 31 when I finish my training and if I haven't met anyone by then, I'm afraid I may really worry. Some of my unmarried friends swear they'll have children on their own if they don't meet a guy, we don't want to miss the experience of being mothers, but I don't know if I'm ready to say that. Now calm down, Mom, I probably wouldn't do it, and I'm still optimistic about meeting a nice guy.

Better stop now before you have a panic attack. Thanks to you and Dad for all the support over these years and I look for-

ward to more of it during residency. You've both been wonderful.

Love,

Your daughter the doctor



COLLEGE OF NURSING

Office of the Dean

1997 Convocation Ceremony

Just a reminder that the 1997 Convocation Ceremony will be held on Friday, June 13, 1997 in the first floor Atrium Lobby. The ceremony is the part of Convocation when the prelicensure students receive their nursing pin. Graduating and continuing students at all levels will be honored for their achievements through special scholarships and awards.

The Alumnae Tea, sponsored by the College of Nursing, will immediately follow Convocation in Room 500.

Don't forget to pick up your convocation tickets in The Office of Student Affairs starting May 1st. Four tickets per person!

The Office of the Dean is Moving!

Just a reminder that the long awaited move of the College of Nursing begins May 9th with the Office of the Dean. We do not anticipate a long "shut down" of services provided by the Dean. Faculty offices will move in mid-May. Spring and summer nursing courses will be held in

Schweppe-Sprague Hall. As we receive more information, we will share it with faculty and students.

ADULT NURSE PRACTITIONER NEW AREA OF CONCENTRATION

The College of Nursing is pleased to begin accepting applications in the Adult Nurse Practitioner Area of concentration at the MS level for matriculation in Fall Quarter of 1997. The ANP program prepares nurses at the graduate level to function as primary care providers to adult populations. Graduates of the program are eligible to take a national examination for ANP certification. Additionally, we will have options for dual certification program combining the ANP with psychiatric nursing, gerontological nursing and women's health. The ANP will also be available soon as a post-master's option. The application deadline for the ANP-MS program is August 1, 1997. Interested applicants should contact the Admissions Office for further information at 942-7100. You can see example programs of study for the ANP-MS and all other areas

of concentration on our Web site: www.rush.edu/Rushu/nursing.htm/!

PROCEDURAL REMINDERS

Annual Update of Health Requirements

CPR and OSHA certification and TB screening must be renewed every year. You must submit documentation indicating that you have attended CPR and OSHA training sessions and have had an annual TB screening. Some CPR certifications may extend two years; check the back of your CPR card to be certain then send us a copy. We must have documentation on file in 1418 Schweppe or you will not be able to participate in clinicals and register for the next quarter.

Bring copies of your documentation to Ms. Alvina Beamon in Room 1418 Schweppe. It cannot be overstated **YOU WILL NOT BE PERMITTED TO REGISTER FOR NEXT QUARTER IF YOU ARE NOT IN COMPLIANCE WITH ALL HEALTH, OSHA AND CPR REQUIREMENTS.** You will receive a delinquent notice and a copy will go to your advisor.

Also, you must immediately notify the College of Nursing if there is a change in the status of your RN license, regardless of expiration date.

SECOND ANNUAL COLLEGE OF NURSING RESEARCH FACILITATION SERIES

Be sure to mark your calendars to take advantage of the visits of research experts to the College of Nursing. The visits will follow much of the same format that was used last summer. The visitor will give a prepared address in the morning followed by an informal group discussion. The visitor will then be available for lunch and individual appointments. This summer's series will include the following experts:

Susan Hughes, Ph.D., Thursday, July 22. Area of expertise: home health, costs and model development research issues.

Margaret Heitkemper, Ph.D., Monday, July 14. Area of expertise: research related to gut function, stress and nutritional alterations.

Beth Devine, Ph.D., Tuesday, July 15. Area of expertise: meta-analysis and qualitative issues.

Gina Barclay-McLaughlin, Ph.D., Thursday, July 17. Area of expertise: recruitment and retention of minority and inner city populations for health research.

Annette Wysocki, Ph.D., R.N., Monday, July 21. Area of expertise: bench and clinical research especially in the area of chronic wounds and spinal cord injury.

Madeleine Leininger, Ph.D., R.N., Tuesday, July 22. Area of expertise: transcultural nursing.

This promises to be another exciting opportunity to meet and discuss serious research issues with outstanding experts. Time for lunch with the experts and individual consultation appointments will be posted at the beginning of summer quarter. Be sure to sign up because a "first come, first served" policy will be used in reserving space at the luncheon and in arranging appointments.

WHAT ABOUT A GRADUATE DEGREE IN NURSING?

If you have been wondering about a graduate education in nursing, the Associate Chairs in the various departments can provide you with information about our programs and trends in your area of interest. There are many clinical specialist and nurse practitioner options at the Master's level. The college also offers two different doctoral degrees in nursing (N.D. and DNSc.) The Associate Chairs for each department are:

Medical/Surgical:

Kathy Lauer (x26265)

Maternal-Child:

Virginia Maikler (x22754)

Community Health:

Linda Edwards (x22756)

Psychiatric:

Lisa Rosenberg (x27117)

Gerontological:

Valerie Matthiesen (x26953)

We are interested in spending time with you to help make this important decision.

REVISED STUDENT APPEALS PROCEDURE

It is very important for all students enrolled in the College of Nursing to pick up a copy of the revised student appeals procedure. Undergraduate students have had a copy placed in their Student Affairs' mailbox. Graduate students should pick up a copy in the Office of Student Affairs (023 SSH).

PROCEDURE FOR PROFICIENCY EXAMS

Just a reminder about the procedure if you wish to try to proficiency out of a College of Nursing course. First, talk with the instructor about the course content, your previous knowledge/experience with the material and how you might prepare for the exam. If you and the instructor believe you can realistically challenge out of the course, the next step is to visit the Office of the Dean. There is a form to complete and a fee to pay related to taking the course exam(s). Upon receipt of the form and fee, a time will be scheduled for you to take the exam. If you receive a passing grade, "K" credit will be placed on your transcript. The "K" designation indicates credit earned through proficiency examination. If the student is unsuccessful, then the course will need to be taken for regular academic credit hours.

BOOKSTORE NEWS

Ahhhh . . . Springtime. Will it ever arrive?

What has arrived at the Rush University Bookstore? Several new books by Rush/local authors. Many people were very busy this past year.

Dr. Irwin Siegel, one of our orthopedic surgeons, published a book of poetry, entitled *Now and at Other Times*. In 1995, Dr. Siegel wrote the book, *The Clinical I: Scenes from a Doctor's Life and Practice*, which consists of vignettes, essays, and poems that take the reader into the real world of the doctor.

Dr. Alan Hirsch promoted his new book, *Dr. Hirsch's Guide to Scentsational Weight Loss*, on the Oprah show! Dr. Hirsch, an acknowledged expert in olfaction, explains that the urge to overeat is governed not by the stomach but by the brain.

A Stand Against Tyranny was written by **Dr. Maynard Cohen**, Neurology. His book retells the dramatic history of Norway's physicians during the Nazi Occupation. In particular, Dr. Cohen recounts the story of Johan Scharffenberg, a psychiatrist and journalist who was committed to stifling the Nazis' power.

Listening to Life Stories: A New Approach to Stress Intervention in Health Care, was written by **Dr. Bruce Rybaczyk** and **Dr. Albert Bellg** from our Psychology Department. The authors present the personal, psychological, and spiritual benefits of sharing life stories and the book contains suggestions for conducting effective interviews.

Streets of the Near West Side was written by **William Bike**, who happens to be the editor of that local tabloid, The Near West Gazette. His book gives all kinds of information about the

historic streets of the neighborhood, like who Ada Street was named for and where Benny Goodman grew up.

Really BIG news is that the sequel to *The House of God* finally came out! **Dr. Stephen Bergman**, aka Samuel Shem, was at Rush in March promoting his new book, *Mount Misery*. This, too, shall surely become a classic. I think just about every one here read his first book, which he said the publisher never promoted but which has sold well over a million copies.

All these books, and more, are available in the bookstore.

Stop by and check our prices on *Authorware Academic*, a powerful yet easy to use application for building presentations and stand-alone multimedia training, educational programs, and interactive Web pages. Also available is *Director Academic* which enables you to integrate a variety of media types to create interactive lectures and tutorials, as well as eye-catching kiosks and games.

There is always something new - stop by today!

Congratulations to the 1997-1998 Chicago Schweitzer Urban Fellows!

Lisa Rosman and **Melissa Simon** will be involved in a year long program to develop and implement a community service project with an existing community based organization. They will also be involved in planning a symposia series and attend a year long program of leadership development and education in serving the underserved in the Chicago-land area. Lisa and Melissa both have a wealth of community service experience and show a dedication to addressing the health needs of Chicago's poor and underserved. Congratulations!

EMPLOYEE HEALTH AND FITNESS PROGRAMS

Call 942-2817 to register for any of the following programs.

Aerobics

Aerobic classes are offered in the Schweppe Auditorium throughout the week at 7:45 a.m., Noon, 4:00 p.m., and 5:30 p.m. Mats, steps and weights are provided. Pick up a schedule of classes in 192 Murdock.

Departmental Competition

Register your department to compete in the second annual departmental competition. Team members earn points by attending Health and Fitness events during the month of May. Activities include brown bag seminars, a 1.5 mile walk, volleyball and much more!

Eighth Annual Health and Fitness Walk

Take this 1.5 mile walk around the medical center and earn a free lunch from the cafeteria. Beverages will also be provided. Register at the corner of Harrison and Paulina anytime between 8 a.m. and 3:30 p.m. on Wednesday, May 14th.

Healthcare Provider CPR

A Healthcare Provider CPR class will be held on Thursday, June 26 from Noon until 3:30 p.m. This American Heart Association certification course covers infant, child and adult CPR techniques for the clinical person. Pre-registration required. Cost is \$15.00 without the book or \$20 with the book.

Lunch 'N Learn

"Building Positive Mother-Daughter Relationships" will be presented on Wednesday, May 21 from Noon until 12:45 in 205 Schweppe. Pre-registration required. Free!

Lunchtime Stress Express

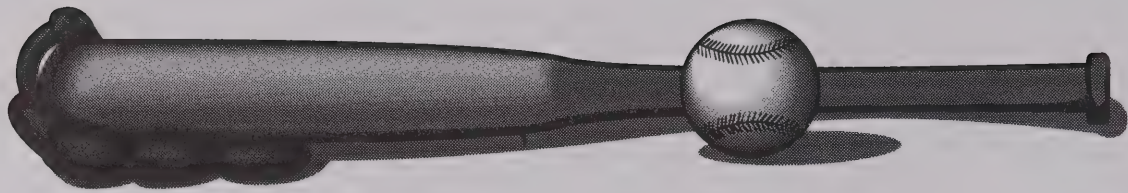
Learn effective communication and coping skills at this presentation on "Dealing with Difficult People" on Friday, May 16 in 205 Schweppe. On June 13, "Controlling Emotional Eating" will be presented in 210 Cafeteria. Both of these free sessions will be held from 12:15 p.m. until 1:00 p.m. Pre-registration required.

Self-Breast Exam Class

Learn how to properly perform this life saving technique. This 45-minute session will provide education on breast cancer risk factors, American Cancer Society guidelines and proper techniques for self-breast exam. Held in the Comprehensive Breast Center, 863 Professional Building, at Noon on Tuesday, May 20. Free!

Spirituality at the Workplace

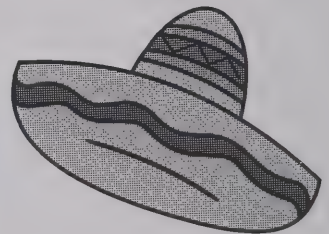
Attend this free series that includes discussion on spiritual perspectives on work and spirituality in work in midlife. Classes will be held from Noon until 1:00 p.m. on consecutive Thursdays, June 4, 12, and 19. Location to be announced. Pre-registration required.



Rush University Softball 1997

Congratulations to Gerard Dysico (M1) and Zoltan Varro (M1) on successfully organizing the 1997 Chicago Medical Schools Softball Tournament. A total of 18 teams were in rare form for the tournament held April 19th, in Grant Park. Rush Medical College placed 2nd following Loyola University Chicago, Stritch School of Medicine.

Student Affairs Entertainment



Thank Goodness It's Friday! We will be celebrating Cinco De Mayo on Friday, May 16th (better late than never) at 4:30 p.m. in the Schweppe Auditorium. The Rush Students for International Health and Medicine will be facilitating a raffle so be prepared to purchase some chances.

STRESS BUSTER! You may have seen the movie **Twister** and played the game as a child, but have you experienced the grown-up version of the game that's as **BIG** as the movie? Join us by the tennis courts (or in the Auditorium if it is raining) for a rousing energy booster on Wednesday, May 21st from 4:00 - 6:00 p.m.

Student Affairs Ticket Window

Bleacher tickets are still available for the **Chicago Cubs baseball game vs the Milwaukee Brewers** on Friday, June 13th for \$10.00 each. Also, **Paint Ball tickets** are still available for \$4.00 each.

Cineplex Odeon and Sony Theatre tickets are available at \$4.00 each to Rush students only, limit of six.

If you wish to purchase tickets, stop by The Office of Student Affairs, 023 Schweppe Sprague Hall and please bring your Rush University student ID.

Winter Quarter Dean's List

Congratulations to the following undergraduate students who achieved a grade point average of 3.5 or better for Winter Quarter 1997.

Medical Technology

Nusreen Akhtar Ahmed	Matthew Thomas Bernier
Victoria V. Gidell	Joseph Keith Jachimiak
Omar Ahmad Jrab	Charles D. Metz
Nitaben H. Sapra	Yevgenya (Jane) Shekhtman
Carol T. Wasik	

Perfusion Technology

Russell Ralph Brown	Sarah Lynne Dockter
Teresa Domaleczny	Alexia Lambos
Christine G. Mantas	

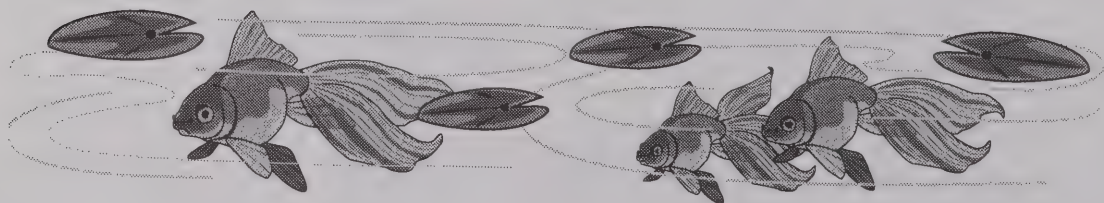
Undergraduate Nursing

Shannon Sunshine Allen	Melinda Beth Anderson
Judith L. Arneson	Judith M. Barrie
Felicha Farr Beckwith	Tracy M. Bergman
Loretta Bevilacqua	Jaslyn Hope Black
Mary Bonaccorsi	Cynthia Ann Booth
LaToya Bradford	M. Douglas Brannan, Jr.
Carrie L. Brne	Mary Christine Brosko
Laura J. Brzozkiewicz	Pamela M. Chejn
Ilana Rivka Chertok	Susan C. Chow
Karla Ann Clark	Caroline Colby
Joyce Costanza	Corinna Elin Dan
Patricia Dougherty	Catherine Frieden
Donna L. Garrett	Michelle M. Gerbino
Margaret Gordon	Jennifer L. Gosmire
Amy Elizabeth Hall	Angela Harker
Gina L. Hatchett	Tina Marie Hayes
Patricia A. Kelly	Deborah Marie Kemper
Gabrielle Kindlund-Stogsdill	Renata S. Kowalik
Jennifer Kwasniewski	Nikki Rydelle Lane
Olga Leinov	Christine M. Lujan
Dina Marinberg	Karin Ann Marino
Keith A. Marino	Jacqueline C. Marx
Minna B. Masor	Helga J. Mayrgundter
Sara M. McCrandall	John W. McCue

Winter Quarter Dean's List (Undergraduate Nursing, continued):

Tandy A. Mellard
Renee J. Moola
Masako Nagamatsu
Robert J. Narowski
Celeste J. O'Connell
Christopher S. Olevich
Mark J. Panarese
Margaret A. Perlia
Margaret S. Phillips
Deborah M. Polise
Michelle L. Raffel
Claudia Riechelmann
Ruth Sabella
Blanca I. Saucedo
Mariah Sharkey
Jennifer J. Slater
Jill L. Steiner
Donna M. Sweeney
Alecia M. Terando
Debra Townsend-Anderson
Jennifer E. Vince
Rebecca L. Wenig
Doreen E. Wood
Xiaomei Zhao

Kathleen F. Mellin
Heather M. Mucci
Elizabeth R. Nanema
Jacqueline P. O'Boye
Timothy K. O'Connor
Linda A. Olivi
Athena R. Perez
Kristi M. Phillips
Julia Plotke
Kelly A. Powell
Cara L. Rapey
Kathleen M. Rittorf
Laura K. Sabinske
Mahnaz Shahi
Travis S. Simmons
Nicole M. Stec
Denise M. Streible
Karen L. Tate
Lynn B. Thomas
Griselda Villanueva
Julio C. Viteri
Stephanie L. West
Jeri S. Wood



Enjoy Your Summer!

The Office of Student Affairs is located in Suite 984, Armour Academic Center. Telephone 942-6302.

GRADUATION PHOTOGRAPHS

Each year the Office of Student Affairs makes arrangements with a professional photographer to take photographs of the graduating class. Each student who sits for a portrait will be included in their respective college composite picture.

Arrangements have been made with Rush Photo Group to take this year's graduation photographs. Unlike other studios, there will be no sitting fee charged to have your picture taken. You are also under no obligation to purchase a composite photograph or an individual photo package. We only ask that you consider having your picture taken so that it can be included in your college composite.

Photographs will be taken on the 4th floor of the Armour Academic Center, Suite 408, in the Rush Photo Group studio on the following dates:

Tuesday, September 30, 1997

8:30 a.m. - 4:30 p.m.

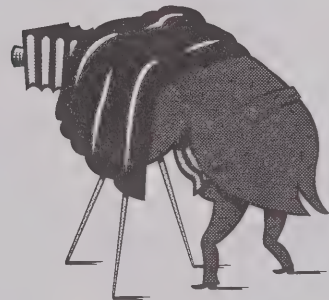
Wednesday, October 1, 1997

11:00 a.m. - 7:00 p.m.

Thursday, October 2, 1997

8:30 a.m. - 4:30 p.m.

Please call the Office of Student Affairs at 942-6302 to make an appointment for one of the dates listed. Photographs will also be taken in January and February, 1998.



Inside:

- News from The Office of Financial Aid.
 - The Student Counseling Center
"Management of Anger - Part I".
 - Information from the College of Nursing,
Office of the Dean.
 - Library to Offer Medline/Full Text
Journals on the Internet.
 - Entertainment Guide
(From The Office of Student Affairs)
-

OFFICE OF STUDENT FINANCIAL AID

101 Schweppe Sprague Hall

942-6256

RECENT LEGISLATIVE ACTION GOOD FOR STUDENTS

Various tax provisions have been proposed by the President and by Congress that will benefit students and the parents of dependent students. Many of the provisions will be implemented over time, so the full benefit may not have an immediate impact.

Student Loan Interest Deduction

A deduction for interest paid on student loans will be phased in. The maximum deduction is \$1,000 for 1998, \$1,500 for 1999, \$2,000 for 2000, and \$2,500 for 2001 and thereafter. The deduction is allowed during the first 60 months of repayment (periods of deferment or forbearance are not counted) on any loan taken by a student to pay for college expenses. Single taxpayers with incomes less than \$40,000 will realize the most benefit with the benefit being phased out for single filers with incomes between \$40,000 and \$55,000 (\$60,000 to \$75,000 for joint filers).

Lifelong Learning Tax Credits and HOPE Scholarship

A tax credit for students and families up to \$1,500 that will cover 100 percent of the first \$1,000 in tuition, and 50 percent of the second \$1,000 in tuition and mandatory fees

paid (minus grants and scholarships), starting on or after January 1, 1998. The credit is phased out for single taxpayers with incomes between \$40,000 and \$50,000 (\$80,000 to \$100,000 for joint filers), adjusted gross income. The income limits are the same for the HOPE Scholarship.

Loan Forgiveness for Community Service

This provision allows for the tax-free treatment of student loans that are forgiven by non-profit organizations for work in public service. This benefit does not apply to borrowers in the Federal Ford Direct Student Loan Program.

Employer Paid Tuition (Section 127)

There is a three year extension of this tax break, up to \$5,250 annually for employer-provided educational assistance for undergraduate courses only.

Tuition Waivers (Section 117d)

There have been no changes in current law that allow tax-free treatment of tuition remission benefits given to employees of colleges and universities and to graduate teaching and research assistants.

As in any changes to the tax code, you should consult with a tax advisor to determine how these changes affect you.

WORLD WIDE WEB SITES

The Internet offers a host of web sites about financial aid products and services. These sites can assist you with estimated loan repayment amounts, information about the financial aid process, and other related addresses. When you have a few spare moments, take a look at some of these.

www.isac1.org

The Illinois Student Assistance Commission offers a loan repayment calculator and information on the Stafford loans.

www.salliemae

The SallieMay Corporation offers downloadable debt counseling software, on-line borrower account access, and a loan repayment calculator among other options.

www.usagroup.com

The United Student Aid Group hosts similar information as SallieMae's site.

www.ftc.gov/bcp/conline/pubs/ credit/scoring.htm

This is a federal site that explains the credit scoring process (used by some loan programs to determine eligibility).

www.financecenter.com

Calculators are provided to help you figure out the actual dollars paid in interest over the period of credit card debt. Take a deep breath when looking at this one!

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www.consumercredit.com

American Consumer Credit Counseling, Inc. is organized for you to read up on the legal ins and outs of indebtedness and take a test to determine if you are headed towards financial difficulties.

SCHOLARSHIP INFORMATION

The Office of Student Financial Aid occasionally receives notices of scholarship availability directly from private agencies. We have compiled information on criteria and application requirements. In some instances, applications are available. We also have other references which students are encouraged to use. Feel free to drop by our office and peruse these materials Monday through Friday from 8:00 a.m. to 4:30 p.m.

The Hispanic Alliance for Career Enhancement (HACE) offers scholarships to full-time graduate students or undergraduates above the freshman level. Recipients will have a B- g.p.a. or better. Applications must be submitted by September 15, 1997 and are available in the Office of Student Financial Aid.

The Spencer Foundation offers dissertation fellowships to doctoral candidates in any field of study. Thirty fellowships of \$17,000 will support completion of a dissertation involving research relevant to the improvement of education. Requests for applications must be received by October 10, 1997. Contact the Office of Student Financial Aid for further information.

The John Gyles Education Fund offers scholarships up to \$3,000 to students in all areas of post-secondary study. A minimum g.p.a. of 2.7 is required. Applicants must be U.S. or Canadian citizens and may

apply through November 15, 1997. Contact the Office of Student Financial Aid for further information.

CONTROL YOUR CREDIT CARD!

Tips From Your
Office of Student Financial Aid
taken from
Teacher\$ Talk, Spring 1997

Being a smart consumer is important, especially for students who are accruing debt in student loans. Credit cards can be master or servant, depending on the control we exercise over credit card debt. Here are some tips to reduce credit card debt:

- Prepare a budget. Look at how much you are spending on "extras" and try to reduce it. Make sure your monthly income will cover your monthly expenses.
- Think of your credit card as a convenience, and not as a necessity.
- Pay more than the minimum monthly payment. Remember that the interest is accruing rapidly, and the longer it takes you to pay off the debt, the more you will end up paying just in interest.
- If you make a large purchase, do not use the card again until that purchase is paid off.
- Shop around for the credit card with the lowest interest rate and consolidate your debt.
- Read the fine print. Many credit cards offer low "introductory" interest rates which rapidly increase after six months or a year.
- If you can not pay all at once, pay down the debt on the higher interest rate cards first.

The best way to stay in control is to set limits. Avoid impulse shopping, and try not to make big purchases, especially while still in school. The more control you have over your finances now, the more financial freedom you will have in the future.

WORK STUDY POSITIONS AVAILABLE IN THE OFFICE OF THE REGISTRAR

The Office of The Registrar has several openings for Work Study eligible students. Flexible hours and a pay rate of \$7.00 per hour make this an ideal position for students who are familiar with general office duties. If you feel you qualify for this position, please call Judith Hernandez at 942-5681.



Inside the Student Counseling Center

Marilyn Johnson, Ph.D.

The management of anger seems to be growing more difficult; just read the headlines or watch the 10 o'clock news. The cliché is the postal worker whose anger explodes into violence toward his/her co-workers, but more common are the killings of young adolescents by other young adolescents. Stalking of young women by young men frequently ends in violence. In our own city, during the early 1990's, 56% of murdered women were killed by their boyfriends, and Chicago women in their twenties were physically abused most frequently by their boyfriends. These acts of violence are the final result of unmanaged anger.

Anger can be a serious problem even when it does not lead to violence. It has become old news that the anger component of the Type A personality is what makes such a person most susceptible to heart disease. In addition to health problems, unmanaged anger can lead to marital and child-rearing difficulties and to problems at work. Some of the earliest anger management programs were developed by psychologists for use with military and police personnel. The authoritarian nature of these occupations occasionally attracted members with anger management problems, and wise heads decided to help these individuals learn to deal with them in a systematic way.

Current programs use some of the earlier methods, in conjunction with a cognitive-behavioral approach to teaching them. That is, attention is focused on the power of our cognition to make us angry, and on the identification of these thoughts; following this, people are taught to use more adaptive behaviors in response to these thoughts in order to diminish angry behaviors. This description may make the process sound mechanical and dull, but any process

working with human beings and their angry feelings must inevitably be lively and emotional. You will notice that the term is anger *management*, not anger control. Management acknowledges the fact that we all feel angry now and then but can learn to handle it, while control suggests that we shouldn't feel angry and can learn to suppress it totally. When people feel at the mercy of strong negative emotions, they often ask for help in controlling them; the wisest choice is to offer help in management instead.

"Anger can be a serious problem even when it does not lead to violence."

This will be a two-part column, with Part I (September/October) focusing on examining one's thoughts and feelings and Part II (November/December) discussing how to make behavioral change. Much of the information on anger management presented here is based on the work of Raymond Novaco and of Vivian Tamburello; both of these psychologists are researchers and clinicians who have worked in this area for many years.

Listed below are a number of steps to take in assessing your own status on anger management.

Step 1 - Is anger a problem for me? It is when:

- it is too frequent
- it is too intense
- it lasts too long
- it leads to aggression

Step 2 - If anger is a problem, then check the External and Internal

anger triggering factors listed here. Which factors are most salient for you?

External factors:

Frustrations - e.g., someone thwarts you

Annoyances and Irritations - e.g., construction outside your room, radio music outside bothers you

Abuse - e.g., you are criticized or harassed by someone

Injustice or Unfairness - e.g., you are treated differently than others when you have fulfilled the same criteria.

Internal factors: Thoughts and Perceptions

Thoughts and Perceptions

1. *Attentional Focus*

Do you often dwell on past annoyances?

Do you pay attention to the negative aspect of a situation rather than what doesn't make you angry?

Are you distracted from work by fixing on something annoying?

Do you sometimes not enjoy yourself in pleasant company because of thinking about an irritation?

2. *Expectations*

How often do you get upset because "it didn't go the way it was supposed to": or "somebody goofed" or "I goofed"?

How much of your anger is due to trying to accomplish too much in one day?

Are you routinely angry with someone because you expect him/her to make you angry?

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3. Appraisals

Do you interpret people's behavior as directed at thwarting you? Hurting you?

Are you prone to attribute all negative events as the result of another person's intention?

4. Self-statements

Do you make statements to yourself that feed your anger, like "she ALWAYS does that" or "he NEVER does this"?

Do you make a lot of self-statements about how you're going to get even, going to punish someone for offending or hurting or thwarting you?

Internal factors: Bodily States

Arousal and Agitation

Are you aware of how you feel when you are stressed?

Are you aware of how vulnerable you are when you are angry?

Do you overuse coffee or other stimulants? Cigarettes?

Are you sensitive to bodily tension (tense muscles, head aches, chest tightness)?

What effects do traffic congestion and work pressure have on your physical state?

Internal factors: Behavior Patterns

ACTIVATION-IMPATIENCE:

Are you a highly active, hard-driving person who is over-eager to take on new challenges, trying to accomplish more and more in shorter periods of time? Do you thrive on deadlines and time pressures?

ANTAGONISM-HOSTILITY:

Does feeling impulsive or desiring to show your power over others lead you to be aggressive? Is it hard for you to negotiate? Do you frequently have conflict with others because of your temper?

WITHDRAWAL-AVOIDANCE:

Do you avoid actively dealing with problems but hold onto the anger?

Do you smolder about a lot of irritations you haven't addressed?

Does this build-up of frustrated anger lead you to feel discouraged about yourself?

Step 3 - Family Style of Expressing Anger

How did father (mother) express anger to you?

What factors triggered anger?

What was mother's (father's) behavior like when angry?

Was verbal abuse/negative labeling employed? How?

Was physical punishment employed? For what?

How did you feel when father (mother) became angry?

What did you learn to do in response to this anger?

How were feelings generally expressed in your home?

Were you permitted to express your negative as well as positive feelings?

How did your parent figures express feelings to each other?

When you felt angry as a child, what did you do to express it?

How did you handle authority figures in school?

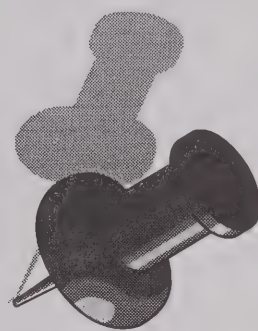
When you got angry, how did parents/teachers respond?

In your own words, what did growing up in your home teach you about anger and expressing anger?

When you have answered all of these questions for yourself, you should have a more systematic picture of what makes you angry, of how you maintain angry feelings, and of how you learned about the implications of getting angry for yourself and for others. The next step is to learn the

methods that will help you manage your angry feelings in a better way.

(Be sure to look for PART II in the November/December issue of the Rush Reporter.)



WELCOMING NEWS

In honor of the Class of '97, Rush University's chapter of the National Student Speech Language Hearing Association (NSSLHA) will donate a communication board for the Johnston R. Bowman Center. A special thanks to everyone who supported NSSLHA's fundraising events to make this donation possible!

NSSLHA is pleased to welcome the new speech-language pathology and audiology students who will begin attending Rush University this fall. NSSLHA is looking forward to an exciting and fun-filled year!

COLLEGE OF NURSING

Office of the Dean

Welcome all new and continuing students to a new academic year!

ATTENTION ALL RETURNING PRELICENSURE STUDENTS!

ANNUAL UPDATE OF HEALTH RECORDS!

Beginning fall quarter, all returning prelicensure students will receive annual CPR and OSHA recertification and TB testing during the first two weeks of classes. All new fall prelicensure students will have CPR, OSHA, and TB testing as part of their orientation. This will allow us to have the **SAME DATES** for all students and will make it easier for you to meet these annual health requirements.

There will be a one-time fee of \$35.00 charged in the fall quarter for all fall prelicensure students to cover the costs of the annual mandates. New and returning Summer Prelicensure students will receive their mandatory health updates of CPR, OSHA, and TB testing in the beginning of summer quarter of 1998 and will be charged each fall quarter as part of tuition.

ANNUAL UPDATE OF HEALTH REQUIREMENTS

A reminder to all graduate students that your CPR, OSHA, and TB screening must be renewed every year while you are enrolled in classes in the College of Nursing. Even if you are not yet enrolled in clinical courses, the College requires all health and safety records be maintained and up to date. Please bring COPIES of your CPR card (photocopy BOTH SIDES), documentation that you attended OSHA training for blood borne

pathogens, and results of TB screening to Ms. Alvina Beamon, Suite 1080, Armour Academic Center. If you have a positive TB PD test, you must bring us a copy of the chest x-ray report and have documented annual screening by your health care provider. Your registration will be delayed if we do not have up to date records and you may need to pay a late registration fee. For licensed RN's, if there is a change in the status of your RN license (regardless of state or expiration date), you need to immediately notify the College of Nursing.

GRADUATE STUDENTS PRE-REGISTRATION CHECK OF HEALTH RECORDS

In order to facilitate clinical placements of graduate students, we require a check of your health records as part of pre-registration each quarter you enroll in one of the following courses: NUR503, NUR541, NUR591, or NUR600. The College of Nursing is responsible for sending copies of your health records to clinical sites prior to you starting clinicals, and in order to expedite that process, we check records during pre-registration. You will find a form in the quarterly timetable that you should use ONLY if you are registering for any of the above mentioned courses each quarter. After completing the top portion of the form, please bring the form to Ms. Beamon in Suite 1080, Armour Academic Center for a check of your health/safety records. After she approves the form, please attach the form to your Class Registration Form and submit both to the Office of the Registrar. Many clinical sites will not allow you to begin clinicals if your health forms expire during the quarter in which you are enrolling. If this is the case, you may need to renew your annual mandates prior to the expiration dates indicated on your forms. Because

of individual variations among clinical sites, it is in your best interest to make sure your annual mandates (CPR, OSHA, and TB) are up to date through the end of the quarter you are registering for clinical courses.

NEW DIGS!

The College of Nursing has moved to the 10th floor the Armour Academic Center. The Administrative Office of the Dean is located in Suite 1080, Armour Academic Center. A temporary directory listing the new offices of faculty is located by the 10th floor elevators.

Students may drop off materials for faculty in the drop off bin located in Suite 1080, Armour Academic Center.

Students seeking forms (e.g., Leave of Absence, Change of Major, Transfer Forms, etc.) may obtain them at the entrance of Suite 1080, Armour Academic Center. Our office hours are 7:00 a.m. - 5:00 p.m., Monday - Friday.

NEW STUDENT ACADEMIC FACILITATOR

Please join us in welcoming Lucy Willis, Ph.D., RN, as our new Student Academic Facilitator. Dr. Willis has replaced Dr. Barbara Haynes, who retired from the College of Nursing this past summer. Dr. Willis has been with the College of Nursing since 1992 in the department of Maternal Child Nursing. Please feel free to contact Dr. Willis at (312) 942-6125.

MINORITY MENTORSHIP PROGRAM

Dr. Torrey Wilson, Director of Multicultural Affairs would like to re-

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mind students that the Minority Mentorship Program will resume Fall quarter. He is currently taking the names of students for potential matches. Please contact Dr. Wilson at 942-6007 or his secretary, Janice Boyd at 942-3272 if you are interested in this program.

KEEPING IN TOUCH WITH YOUR ADVISOR

Please remember to check in with your advisor each quarter to review your progress. Any changes in your status or Program of Study must be discussed with your advisor.

STUDENT ELECTION FOR STANDING COMMITTEES

During the Fall quarter, elections will be held for both graduate and undergraduate membership on many of the standing committees of the College of Nursing. The Office of Student Affairs will facilitate the elections and we encourage you to submit your name when the open positions are posted. Your participation is vital to the operation of the faculty committees and it provides an excellent opportunity for you to have input into the operations of the college. We urge you to join us in making this a successful election.

NUR 418 POSTER PRESENTATION

The following nursing students, who graduated in June 1997, were recognized for outstanding achievement in their poster presentation for NUR 418:

*Shannon Allen
Loretta Bevilacqua
Cindi Booth
LaToya Bradford
Susan Chow
Gabriella Kindlund-Stogsdill
Christine Lujan
Keith Marino
Linda Rosen
Joan Thompson
John Vetort
Cynthia Voegeli*

Each of the students had examined a problem that they had encountered during their Nursing 418 practicum and presented the solution for resolution of the problem in their poster exhibit.

WORK STUDY OPPORTUNITY

The College of Nursing is in need of work study eligible students to work in the Dean's Office. This position will require light typing, filing and copying. To apply, please contact Patricia Humphrey at 942-6986.

SNA

The Student Nurses Association (SNA) is not only responsible for coordinating and sponsoring the equipment sale, they also organize fun, exciting, and informative events. SNA would like to remind you to mark your calendars for the Illinois Student Nurses Association Convention to be held November 1 - 2, 1997. Also, keep your eyes open for postings regarding upcoming lunch events, SNA meeting dates, and other exciting SNA events!

COMPUTER LAB

The 6th floor computer lab, located in 610 SSH, will close once the Nursing Resource Lab (NRL) has relocated to the 9th floor of the Armour Academic Center. However, the McCormick Educational Technology Center located in Suite 917, Armour Academic Center, is now open! There are 75 PCs and 9 Mac/Mac clones available. These systems support the Microsoft Office software (i.e., Word, Excel, Access, Powerpoint). However, they do not support WordPerfect or Lotus software. In addition, if you wish to print, please be aware that the cost is \$.10 per page. Transparencies and labels may also be purchased at \$.75 per page.

Library to Offer Medline/Full Text Journals on Internet

Beginning September 1, 1997 the Library of Rush University will offer Ovid Medline and 5 other databases through the Internet along with access to the full text of articles including pictures, tables and figures in 45 biomedical journals. Among the 45 journals are JAMA, New England Journal of Medicine, Nature, Science, BMJ and Lancet.

There are two ways to access journal articles. First, a user may do a search on a topic such as Cardiopulmonary Bypass Surgery in MEDLINE and retrieve relevant article references and abstracts. Where there is a full text article available the user simply clicks on Full Text and calls up the article. Secondly, the user may go directly to one of the biomedical collections of journals and select any journal listed. He or she may then browse the table of contents and select an article to see. For a list of all journals available in full text please stop by the Library Reference Desk.

Because of publisher restrictions and OVID methods of text processing, the full text articles on the Internet are several issues behind the printed versions. However, OVID is working with the publishers to speed up release of the data.

Anyone with a Rush Student I.D. and who is a registered Library user may access MEDLINE, Nursing and Allied Health/CINAHL, CancerLit, AIDSLINE, HEALTH and PsycINFO and the full text journals from home or office, at the MFTs on the patient floors, and in the Library. Please call the Library at 942-5952 for more information. Those with Internet access may go to the Library's Home Page (<http://www.lib.rush.edu>) and select the button which says "Ovid Web Journal Article Databases."

DRINKING IN THE LIBRARY

Drinks are now welcome in the Library in **wide-based commuter cups and water bottles.** Styrofoam cups, paper cups and pop cans will not be allowed, as they are more likely to spill and cause damage. The Library still has a "No Food" policy. Library staff believe that these policies will provide the best solution for patron comfort and damage/bug free books and equipment. Please help us keep the Library a pleasant and clean environment for study.



TAMASHA

The Indian Medical Students at Rush University invite all Rush University students, faculty, and employees to attend our first Annual Diwali dinner. Join us for a feast of Indian food followed by a night of fun. This event will be scheduled for late October or early November. Please look for posted flyers or call Rahul Pandit for more information at (312) 997-2443 or pager at 85-8375.

\$

JOB AVAILABLE IN THE McCORMICK EDUCATIONAL TECHNOLOGY CENTER

The McCormick Educational Technology Center (Rush University's computer/audiovisual learning laboratory at Rush-Presbyterian-St. Luke's Medical Center), is accepting applications for the position of part-time METC Assistant. The common responsibility for all staff is to assist patrons at the service counter. This includes, but is not limited to: circulating computer and audiovisual software and hardware; assisting patrons in the use of the Library Information System (LIS), handling routing patron inquiries about software and hardware, answering the telephone, filling out material booking forms, taking viewing room reservations, selling supplies and collecting fees; and opening/closing the facility. Applicants must demonstrate competence in using software applications and feel comfortable assisting students, faculty, and staff in an electronic environment. Excellent (English) communication skills required. The METC utilizes both PC and Mac workstations, and Hewlett-Packard laser printers. Knowledge of Microsoft software is expected. Some schedule flexibility is required. The hourly rate is \$7.00. **All Rush students awarded financial aid are eligible to work.**

For more information please contact:

Ken Quandt

Voice: 312.942.5000 x2.9613

E-Mail: kquandt@acr.acfac.rpslmc.edu

Fax: 312.942.2234

or

Patricia Phillips

Voice: 312.942.5000 x2.1974

E-Mail: phillips@lib.rush.edu

Fax: 312.942.2234

Sigma Theta Tau, Inc.

INTERNATIONAL HONOR SOCIETY OF NURSING

Submitted by Janice Podolski, PhD, RN, First Counselor for Gamma Phi Chapter for 1997
and
Mary Pabst, Rush University College of Nursing

The Gamma Phi Chapter of Sigma Theta Tau International inducted 37 Rush University students to membership on June 12, 1997.

Undergraduate Students - Class of 1997

Mary Bonaccorsi
Caroline Colby
Julie Durbin
Margaret Gordon
Tina Hayes
Nikki Lane
Christine Lujan
Tandy Mellard
Kathleen Mellin
Mark Panarese
Cara Rapey
Kathleen Rittorf
Denise Streible
John Vetort
Grace Villanueva

Laura Voigt-Sabinske
Sally Wagoner
Rebecca Wenig

Undergraduate Students - Class of 1998

Douglas Brannan
Robert Narowski
Margaret Perlia
Debra Townsend-Anderson

Graduate Students:

DNSc: Eunice Choi

ND: Joan Mommer
Edwin Schaefer

MS: Liane Bertoia
Susan Breitenstein
Stephanie Hoag
Mary Jo Jacobs
Dawn Kuerschner

Meredith Pike
Gina Roppolo-Osborne
Janet Schutt
Joanne Simcoe
Pamela Stark
Adriana Stettner
Kimberly Yaeger

Information about membership in Sigma Theta Tau International will be provided at our chapter's annual informational reception which will be held in early February, 1998. Individuals interested in joining the Gamma Phi Chapter as an undergraduate nursing student, graduate nursing student, or nursing community leader should contact Judy Trufant, First Counselor for 1998, at 942-2047.

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The Rush University Chapter of the National Student Speech Language Hearing Association proves that fundraising can be fun as well as profitable! A recent warm day during Spring quarter provided NSSLHA students the perfect opportunity to wash cars.

EMPLOYEE HEALTH & FITNESS PROGRAM

Call 942-2817 to register for any of the following programs:

AEROBICS

Step, sculpt, cross train, boxing and low-impact classes are offered in the Schweppe Auditorium (until further notice) throughout the week at 7:45 a.m., noon, 4:00 p.m. and 5:30 p.m. Classes are \$3.00 each. All equipment is provided. Pick up a schedule of classes in 192 Murdock.

CHOOSE TO LOSE

A ten week behavior modification program taught by a registered dietitian helps you discover sensible weight management strategies for reducing fat intake and increasing physical activity. Orientation for this \$60 class will be on Thursday, October 2nd from noon until 1:00 p.m. Classes will be held weekly beginning Tuesday, October 7th and ending Tuesday, December 9th. Call Employee Health and Fitness for the time and location of this program.

HEALTHCARE PROVIDER CPR

This class offers CPR certification for Healthcare Professionals. Infant, child, and adult Basic Life Support will be covered on Wednesday, October 22nd from 8:30 a.m. - 12:30 p.m. To register for this class, visit 192 Murdock. There is a \$15 fee for the class and an additional \$5 for the book.

LUNCH 'N LEARN

Join Nora Flint, Pharm D., if you are “**Mixed-up About Medications?**”. On Wednesday, September 24 from 12:15 p.m. - 1:00 p.m. in 210 Cafeteria, medicine interactions will be discussed. Pre-registration is required - call Employee Health & Fitness at 942-2817.

Find out “**What You Should Know About Long-Term Care**” on Wednesday, October 15, 12:15 p.m. - 1:00 p.m. This free lecture, presented by Spillman & Wotyla, will be held in 210 Cafeteria. Pre-registration is required. Call 942-2817.

LUNCHTIME STRESS EXPRESS

Learn “**Mindful Meditation**” by participating in this workshop with Dr. Al Bellg from the Rush Heart Institute, a division of Preventive Cardiology. This free lecture will be held on Friday, September 26, 12:15 p.m. - 1:00 p.m. The location is to be announced. Pre-registration is required.

In the market for a pet? Stressed-out or sick? You may need some “**Pet Therapy**”. John Caruso and Robyn Hart, M.Ed., C.C.L.S. will present information about pets on Friday, October 17, 12:15 p.m. - 1:00 p.m. The location is to be announced. Pre-registration is required.

MASSAGE AT WORK!

Enjoy the health benefits of massage therapy at work or school. Massage therapy is now being offered through the Woman's and Children's Resource Center. Rates are \$50.00 for 1 hour, \$30.00 for 30 minutes, \$15.00 for 15 minutes, and \$1.00/minute for a Chair Massage. To schedule an appointment call 942-2336. Therapists will try to accommodate requested times.

MOTIVATE YOUR MUSCLES

This four week class will help you determine your fitness level and develop an appropriate exercise program based on this information and your fitness goals. The registration deadline is October 17 and class will begin on Wednesday, October 22 and continue through Wednesday, November 12 from noon - 1:00 p.m.: location to be announced. The cost is \$20 (includes t-shirt, water bottle, resistance tubing and a printout of your fitness assessment results). Pre-registration is required before October 17.

SELF BREAST EXAMINATION

Learn the proper techniques and guidelines for early detection of breast cancer. Participants will meet in room 863 of the Professional Building on Tuesday, October 21 from noon until 12:45 p.m. Pre-registration is required.



JOIN RUSH AT AIDS WALK & CHICAGO ON SEPTEMBER 28TH

On Sunday, September 28, Rush will sponsor a team, and join more than 65,000 people in AIDS Walk & Chicago. The 10k (6.2 mile) Walk is the midwest's largest AIDS fund raiser which will support fourteen organizations that provide direct service, prevention programs, research and education to individuals and families affected by HIV/AIDS.

The Walk, which begins at 10 a.m. sets off from the Grant Park bandshell, circles the planetarium and returns to the bandshell; the Walk takes about two hours because of the number of walkers (a good number of whom bring kids in strollers and wonderful dogs). The event is colorful and inspiring. In addition to walkers representing numerous Chicago agencies, all with their own colorful t-shirts, you will see families of people with AIDS wearing the shirts they have designed in memory of their loved ones. Walking along the lakefront past a harbor full of beautiful sailboats is a great way to spend a couple of weekend hours. For those who do not want to walk that far, there are other volunteer activities, both at AIDS Walk and at Rush the two weeks prior to the Walk.

If you're interested, you'll want to pick up sponsor sheets to take to your friends and family and SOLICIT CONTRIBUTIONS. You can obtain pledge sheets, purchase shirts and buttons, and get more information in two ways: First, on Thursday and Friday, September 18 and 19, over the lunch hour, we will staff a table outside the cafeteria; Second, call Marilyn Johnson at 942-3405. FORM A TEAM OF CLASSMATES AND COME WITH US!

ENTERTAINMENT GUIDE

The Office of Student Affairs and the Student Lounge have moved to the ninth floor of the Armour Academic Center, Suite 984. The auditorium has also relocated to the ninth floor adjacent to the Student Lounge. We have scheduled the majority of our events in this location in order for you to enjoy the magnificent view! Please visit our new space, soon!



SEPTEMBER EVENTS INCLUDE:

September 15, 7:30am - 9:30am
Auditorium
CONTINENTAL BREAKFAST

September 19, 4:30pm - 7:00pm
Auditorium
THE FIRST T.G.I.F.

September 26, 3:00pm - 6:30pm
Auditorium
Octoberfest '97

OCTOBER EVENTS INCLUDE:

October 6, 8:00am
Office of Student Affairs
Tickets available for **Renoir Exhibit**
(10/26/97 11:00am)
\$10.00 each

October 7, 11:30am - 1:00pm
Auditorium
SWEET TREAT!

October 13, 8:00am
Office of Student Affairs
Tickets available for **Riverdance**
(11/6/97 7:30pm)
\$15.00 each

October 31, 4:30pm - 7:00pm
Auditorium
HALLOWEEN T.G.I.F.



Be sure to visit our Web site at <http://www.univ.rush.edu/univ/acares/campinfo/stuaaffair>. You will find the Rush University Housing Guide, the Rush University Student Handbook, the Calendar of Events and additional information about our programs and student organizations.



Rush *reporter*

The Office of Student Affairs is located in Suite 984, Armour Academic Center. Telephone 942-6302.

After Hours Access to the METC

Rush University students with a valid student I.D. may use the PC Lab at the McCormick Educational Technology Center (METC) during the hours the METC is closed. To do so, students should call Security at 942-5678, inform the security officer on duty you are a Rush University student, that you have at least one additional Rush University student with you and you would like access to the METC. It is Rush University policy that only students in groups of two or more will be allowed into the facility after hours. METC is happy to be able to meet your needs for computer access when staff are not present. Viewing Rooms are also open after hours, but audio-visual services are only available during regular business operating hours. METC hours are: 8:00 a.m. - 9:00 p.m. Monday through Thursday; 8:00 a.m. - 5:00 p.m. on Friday; Noon - 6:00 p.m. on Saturday; and Noon - 8:00 p.m. on Sunday.

**Happy
Holidays
from
The Office of
Student Affairs!**

SEVEN WAYS TO GET THROUGH THE FALL QUARTER

1. Chase away the northern chills by attending the Caribbean T.G.I.F. on November 14. This event, co-sponsored by the STUDENT NATIONAL MEDICAL ASSOCIATION and The Office of Student Affairs will be loads of fun! Join us from 4:30 - 7:00 p.m. in the Armour Academic Center Auditorium.
2. Stop by the Armour Academic Center Auditorium on November 18 from 11:30 a.m. to 1:00 p.m. for a Sweet Treat! The Office of Student Affairs will serve you a slice of apple or pumpkin pie. "Why", you ask? Because YOU DESERVE IT!
3. Take an Exam Break in the Student Lounge on November 24. The Office of Student Affairs has ideas on how to pick you up after those grueling exams. Stop by the lounge and unwind.
4. Join family and friends for some Thanksgiving turkey on November 27. Need we say more?
5. Take an Exam Break in the Student Lounge on December 8. The Office of Student Affairs, like the Energizer Bunny, just keeps you going and going and going!
6. Check out the Holiday Video Collection the Office of Student Affairs! A great way to get in the holiday spirit!
7. Purchase Cineplex Odeon and Sony Movie Theatre tickets. A great escape for two or three hours and affordable at \$4.00 each!

OFFICE OF STUDENT FINANCIAL AID

Suite 440, Armour Academic Center

942-6256

Wisconsin Offers Loan Repayment to Physicians and Nurses

Primary care physicians are eligible for \$50,000 in loan repayment under Wisconsin's Physician Loan Assistance Program. The purpose of the Health Professions Loan Assistance program is to help rural and inner city communities recruit and retain needed health care professionals to work in primary care.

Physicians who agree to practice in designated medical shortage areas in Wisconsin, receive \$50,000. Nurse Practitioners and certified nurse midwives receive up to \$25,000 in loan reimbursement.

The application deadlines are between December 1st and April 1st. For more information call 1-800-385-0005.

Pisacano Scholarship for Primary Care

Medical students who have made a commitment to the field of Family Practice and who enter their third or fourth year of medical school in the fall of 1997 may apply. The scholarship offers \$50,000 over five years and is designed to reimburse a portion of medical school related debt. Ten scholarships are awarded annually, and the recipients will be reviewed annually to assure eligibility for continuation.

The application deadline is March 1, 1998. Application materials are available in the Office of Student Financial Aid.

Medicine and Nursing Loan Repayment Programs

Each state in the U.S. offers some type of a loan repayment or forgiveness program for medicine and/or nursing graduates. In exchange for service, usually in a designated shortage or underserved area, the state offers loan repayment ranging from \$3,000 to \$20,000 per year. The terms of service and loan repayment varies from state to state, since these are budget items appropriated by each state legislature. This comprehensive list is in a book published by the AAMC called "State and Other Loan Repayment/Forgiveness and Scholarship Programs", and is available in the Office of Student Financial Aid, Suite 440 Armour Academic Center.

NOTICE TO STUDENTS GRADUATING IN FALL

If you have received financial aid (Stafford loans, Perkins loans, nursing loans, etc.) you must attend an exit interview.

The group exit interviews are scheduled for November 10-12 and 17-19. You will be receiving a letter with all of the specifics. If you cannot attend any of these sessions, or if you do not receive a letter by November 5, please call the Office of Student Financial Aid at (312) 942-6256.

LOOKING FOR A JOB?

The Office of Student Financial Aid assists in funding positions for student workers in university and medical offices. Students must have a financial aid application on file, and must be college work-study eligible.

Financial aid provides 75% of earnings, while the hiring department provides 25%. Contact the Office of Student Financial Aid at 942-6256 for details.

Careers in Underserved Areas Can Be Rewarding

The National Health Service Corps offers rewarding careers serving in rural and urban health professional shortage areas across the nation. Student rotations, loan repayment and competitive scholarships are available. Contact the Office of Student Financial Aid for brochures.

FELLOWSHIPS FOR MINORITIES

The Ford Foundation will award 50 pre-doctoral/dissertation and 25 postdoctoral fellowships for minorities. Consideration will be given to U.S. citizens or nationals who are Alaskan natives, Black/African Americans, Mexican Americans, Native American Indians, native Pacific Islanders, and Puerto Ricans. Pre-doctoral candidates must be enrolled in or planning enrollment in a research-based Ph.D. or Sc.D. program. Postdoctoral candidates must have earned a Ph.D. or Sc.D. degree no earlier than January 5, 1991 and no later than March 10, 1998. Funds totaling \$39,500 for pre-doctoral and \$32,500 for postdoctoral candidates will be provided. Applications for pre-doctoral fellowships must be submitted by November 15, 1997, and those for postdoctoral fellowships by January 5, 1998.

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Contact the Office of Student Financial Aid for information on how to obtain applications.

Scholarships From Private Agencies

The Office of Student Financial Aid occasionally receives notices of scholarship availability directly from private agencies. We have compiled a reference, which students are encouraged to use, that contains information on criteria, application requirements, and in some instances, applications. We also have other references. Feel free to drop by our office and peruse these materials Monday through Friday from 8:00 a.m. to 4:30 p.m.

SCHOLARSHIPS

THE JOANNA F. REED SCHOLARSHIP is available to permanent residents of Alabama and Northwest Florida. Applicants may be enrolled in any U.S. Accredited medical school, and must prove financial need. Applications must be submitted by May 15, 1998, and are available in the Office of Student Financial Aid.

THE JOHN GYLES EDUCATION FUND offers scholarships up to \$3,000 to students in all areas of post-secondary study. A minimum g.p.a. of 2.7 is required. Applicants must be U.S. or Canadian citizens and may apply through November 15, 1997. Contact the Office of Student Financial Aid for further information.

THE MARJORIE MCCURDY KELLY & CARL DUNCAN KELLY ENDOWED SCHOLARSHIP

The establishment of this endowed scholarship fund has been granted through the generosity of Thomas A. Kelly, a long time friend and supporter of Rush-Presbyterian-St. Luke's Medical Center and Rush University. The purpose of this fund is to annually award deserving nursing students with a scholarship which will help them achieve lifelong professional goals. We would like to confer this honor on one undergraduate and one graduate student from Rush University College of Nursing. We believe it is important to recognize students who will make significant contributions to health care and the well being of patients in primary as well as more acute care settings.

Mr. Kelly named this scholarship fund in the memory of his parents. This dedication to tradition and family should be embodied by students who receive this scholarship. In keeping with this view, candidates should demonstrate a commitment to their community and to the health of families within that community.

Eligibility Criteria:

- Demonstrate financial need.
- Current enrollment in a degree program in the College of Nursing.
Candidates must be enrolled as admitted, classified students in a degree program to demonstrate a commitment to the profession of nursing.
- Maintain a cumulative grade point average of at least a 3.4 on a 4.0 scale.
- Demonstrate commitment to a community and the families within that community.
Candidates will provide a written description of previous, relevant experiences (e.g., volunteer, charitable, etc.) to establish that they have developed strong ties within their community. We want our "Kelly Scholars" to view themselves as integral to promoting the health and preserving the functioning of culturally and socially diverse families. Candidates will also address how their education and future practice in nursing will help them contribute to the well being of individuals and families within their designated community.

Application Process:

Nursing students would apply for the scholarship just after the completion of Fall Quarter. Students may pick-up a scholarship application from the Office of the Dean, Suite 1080 Armour Academic Center. Students must submit their application, Rush transcript and their written essay to the Office of the Dean, Suite 1080 Armour Academic Center. Students must also complete a Free Application for Federal Student Aid (FAFSA) form with the Office of Student Financial Aid. **The application deadline is December 12, 1997.** The Scholarship Committee of the College of Nursing will meet to select from the candidates shortly thereafter. Scholarships will be awarded in the Winter Quarter.

Inside the Student Counseling Center

Marilyn Johnson, Ph.D.

Anger - Part II

There are six sets of skills that promote anger management: (1) self-monitoring skills; (2) stress reduction skills; (3) self-instructional training; (4) assertion skills; (5) communication skills; and (6) problem-solving skills.

(1) SELF-MONITORING SKILLS

A. Keep an anger log for a week or two. Describe the situation, the person, the trigger to anger, the intensity of your anger (0-10), any physical sensations or behaviors on your part which demonstrated that you were angry. Record the "hot thoughts" you had at the time; that is, the angry thoughts you were saying to yourself. Finally, describe the outcome or consequence of the encounter for yourself and for any others involved. When you have accumulated a number of angry encounters in your log, analyze them for patterns.

B. Examine physical symptoms (e.g., stomach aches, chronic fatigue, insomnia, sexual difficulties, etc.). Evaluate other feelings (e.g., depression, lethargy, numbness, etc.). Explore behavior which may be an indirect expression of anger (e.g., hostile joking, abusing alcohol or other drugs, daydreaming, cold withdrawal, etc.). Are any of these physical symptoms, feelings or behaviors frequent and familiar? If so, when do you experience them? They may be symptoms of anger.

After self-monitoring items in these two groups, you should be more aware of symptoms, feelings and behaviors linked to your anger.

(2) STRESS REDUCTION SKILLS

A. Progressive relaxation. This technique is probably the most frequently used method in stress reduction, and you may be familiar with it. Yoga which emphasizes stretching can also produce the relaxation response. There are commercial tapes available to teach you the system, and the staff of the Student Counseling Center can teach you the method and provide tapes for home use.

B. Visualization/imagery skills.

ANGER TRANSFORMING IMAGERY. Picture anger using a metaphor: a color or a thing (e.g., large red monster or a raging flame). Transform this image into a shrinking or fangless monster, a flame going out, for example.

ANGER INCOMPATIBLE IMAGERY. Picture a place which feels safe and calm. Use anger as a cue to imagine this scene.

IMAGERY ASSOCIATED WITH NEGATIVE FUTURE OUTCOME IF YOU LOSE CONTROL. Picture a person (e.g., disappointed face of husband, fear in child's face) when you lose control.

IMAGERY ASSOCIATED WITH POSITIVE OUTCOME IF YOU MAINTAIN CONTROL. Picture a significant person praising you; picture yourself achieving an important goal; picture your face as someone calm and able to handle things.

IMAGERY THAT TRANSFORMS PROVOKING SITUATION OR PERSON. Picture the provoking person as a puppet-master whose

strings are now cut. Picture the other in a less threatening way, e.g., as a hot air balloon - - the more he talks, the more he deflates.

You may be better able to generate these images with the help, or at least the support of another person. Let your creativity assist you in developing the most effective images.

(3) SELF-INSTRUCTIONAL TRAINING

A. Evaluate yourself on the strength of your irrational beliefs. The founder of Rational Emotive Therapy, Albert Ellis, has constructed a list of 20 irrational beliefs. A few examples are: "I must be loved and approved of by everyone.", "I must be unfailingly competent and almost perfect in everything I undertake.", and "There is a perfect love and a perfect relationship." The more we hold irrational beliefs, the more impossible our expectations of ourselves and others become, and anger can follow when these expectations are not met. The complete list of irrational beliefs is available at the Student Counseling Center.

B. Read the following list of cognitive distortions which may lead to angry feelings and expression, and check those which apply to you. MIND READING/JUMPING TO CONCLUSIONS ("She did that to hurt me."), MAGNIFICATION/CATASTROPHIZING ("This is just horrible!"), OVERGENERALIZATION ("You never appreciate what I do for you."), GLOBAL LABELING ("He's a total loser."), SHOULD-ING ("If I worked hard for something, I should get it."), CHANGE MYTH ("I can get him to quit drinking."), and CARING

continued on next page ->

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MYTH ("If you really cared about me, you'd do it without being asked.").

C. Self coaching. When you know you are about to be faced with a person or a situation that will make you angry, PREPARE YOURSELF. There are four phases of such an encounter: 1. Preparing for provocation, 2. Impact and confrontation, 3. Coping with arousal, and 4. Reflecting on the provocation. Prepare yourself by developing self-talk, such as the following, which can help you in the situation.

1. Preparing for provocation. "Keep cool. Remember, don't get angry." "If I fight, I will get into trouble, so keep calm." "If I don't get mad, _____ will be proud of me." "I'm cool, and she will not make me lose it."

2. Impact and confrontation. "He's pretty stupid-looking acting like that." "Stay calm. Relax." "I'm not going to let her get to me."

3. Coping with arousal. "Time to take a deep breath." "Let him make a fool of himself, I'm not going to." "Take it easy, don't get pushy."

4. Reflecting on the provocation if it was left *unresolved*. "Quit thinking about what happened. I am only getting more upset." "Relax. Think about the good things that happened." "With more practice, I'll get better."

Reflecting on the provocation if it was *resolved*. "Fantastic, I kept my cool." "That wasn't too hard." "I finally made it through that situation without getting angry."

(4) ASSERTION SKILLS

Although assertion skills are most effectively learned in a group setting

which provides feedback and practice, learning the following techniques can be of great help.

A. Broken record. Repeat a simple sentence calmly with no strong volume or gestures. "I can't work for you this weekend." "I don't want to talk about this now."

B. Empathic assertion. Listen actively to the other's feeling and indicate your understanding. "I see that you're disappointed that I am late." "I understand that you're upset that we have to visit my parents again this weekend."

C. Escalating assertion. Strengthen your statements. "I would like for us to discuss this calmly." "Please lower your voice." "If you don't stop yelling, I will leave."

"Making changes like these are easier when you can receive feed back and encouragement."

D. Fogging. Agree with the provoke to short-circuit aggressive verbal conflict. "You're right, I'm crazy." "I agree with you. I've been spending too much lately."

E. Setting limits. Let others know what you will and will not tolerate. "I will not stay in this room if you continue to scream at me." "I don't want you to borrow my notes unless you have my permission."

(5) COMMUNICATION SKILLS

Find a good time and place to talk; Establish groundrules;

Listen actively; Be empathic;

Do not switch speaker-listener roles until the speaker has felt understood;

Use "I" statements: "I think", "I feel", "I need";

Be aware of your nonverbal communication;

Focus on the task and goals; Take a time out if necessary.

(6) PROBLEM-SOLVING SKILLS

A. Identify the problem in concrete terms.

B. Generate solutions to the problem.

1. Accept all responses.
2. Look for combinations and improvements.

C. Evaluate the solutions and select a strategy.

1. Rate (1-5 scale) potential consequences of each solution for yourself and others involved;
2. The person who brought up the problem has the final authority on the ratings.

D. Implement the strategy.

1. When it makes sense to do so, role play;
2. Include "role reversal" so that protagonists can play their antagonists.

E. Evaluate the strategy.

1. If it worked, encourage self-reinforcement;
2. If not, discuss the problem and select another strategy.

Making the best use of this method will require a lot of time and effort; however, if you do have a problem with your anger, you've probably had it for some time, so be patient with yourself. You can work on this alone or with a friend, or you can try it with one of the psychologists in the Student Counseling Center. As I noted above, making changes like these are easier when you can receive feedback and encouragement. However you do it, good luck, and remember that learning to manage your anger will improve your relationships, your health, and your feelings about yourself.

EMPLOYEE HEALTH & FITNESS PROGRAMS

Call 942-2817 to register for any of the following programs:

Aerobics

Step, sculpt, boxing, cross training and low impact classes are offered throughout the week at noon and 5:30 p.m. in the first floor Atrium. All equipment is provided and your first class is free. Schedules can be picked up at 370 Jelke.

Lunch 'N Learn

Learn "How to Reverse the Signs of Aging" by joining Dr. Stephanie Marschall from the Department of Dermatology in 210 Cafeteria, 12:15 p.m. - 1:00 p.m. on Wednesday, November 12.

On December 3, 12:15 p.m. - 1:00 p.m. you can receive "Help with the Holidays" by making your favorite recipes more healthful and learning some helpful hints to stay active during the holidays. Turn in your favorite holiday recipe before November 26 to 370 Jelke and you may win a free subscription to *Cooking Light* magazine!

Lunchtime Stress Express

"Self Massage" techniques will be taught on Friday, November 14, in 960 Armour Academic Facility, 12:15 p.m. - 1:00 p.m. Barbara Berent, MBA, Massage Therapist, will help contribute to your current methods of self-care.

An "Introduction to Aromatherapy" will be held on Friday, December 12, from 12:15 p.m. - 1:00 p.m., in 960 Armour Academic Facility. Elaine Scorza will help you experience the power of scents by helping participants create some of their own samplings.

Pediatric CPR

A course covering child and infant Basic Life Saving techniques as well as pediatric injury prevention will be held Thursday, November 20, 1:00 p.m. - 3:30 p.m., 742 Armour Academic Facility. To register for this class come to 370 Jelke to pay the \$15.00 fee. An additional \$5.00 is charged for the purchase of the book.

Receive by Giving

All departments will have the opportunity to win a holiday party by participating in the "Holiday Volunteer Contest" co-sponsored by Volunteer Services, Community Affairs and Employee Health and Fitness. Stop by the cafeteria on November 5 and 6 between 11:00 a.m. - 2:00 p.m. to pick up a registration packet and to receive information about various volunteer organizations. Event information can also be picked up at the sponsoring departments.

Upcoming events to watch for: "Making the Most of Winter" and a "Yoga" series.



STUDENT LOUNGE ACCESS

Rush University students with a valid student identification card may access the student lounge and kitchen (Rooms 992 and 984K of the Armour Academic Center) during the hours the Office of Student Affairs is closed. Students are to contact Rush Security at 942-5678, make their request with the officer on duty, and present their student identification card before entering the space. Students may access the lounge and kitchen only; there will be no access to private offices.



Rush Students!

*Earn \$25.00 Gift Certificates from the
Rush University Bookstore!*

*Help Raise \$\$\$ for Student Financial Aid at
Rush Medical College!*

*Volunteers needed for Fall Phonathon
Monday, Tuesday, & Wednesday
November 10, 11, & 12*

5:30 - 9:30 p.m.

at the Alumni Office

1700 West Van Buren (TOB), Suite 250

Free Pizza

Free Parking

*\$25.00 Rush University Bookstore Certificate
for each night you call!*

Please volunteer by calling

Marva in the Alumni Office

at 942-7227

COLLEGE OF NURSING

Office of the Dean

We hope your 1997-1998 academic year is going well! Holiday break will soon be upon us and we hope that you are looking forward to a joyous and restful break!

MULTICULTURAL AFFAIRS

The 1997-98 Mentorship Program is starting up. The program seeks to match up minority nursing students with established nursing professionals in an attempt to connect them to the professions and support their entry into the nursing profession. Please contact Dr. Torrey Wilson at 942-6007 if you are interested in this program.

Please join the Office of Multicultural Affairs in welcoming a new student organization, *The Minority Student Nurses Association*. For more information regarding this organization, please contact Dr. Wilson or his secretary at (312) 942-3272.

STUDENT ACADEMIC FACILITATOR

Worried about the next Pathology exam? Is the thought of a Pharmacology exam giving you the shivers? Dr. Lucy Willis, Student Academic Facilitator, may be able to help! Dr. Willis is available to all nursing students. Her goal is to help students achieve academic success in their nursing program. Please contact Dr. Willis at (312) 942-6125 if you are in need of any academic assistance, e.g., tutoring, improving writing skills, mastering test anxieties, or improving study habits and time management skills.

ADVISORS

Having trouble remembering what your advisor looks like? Here's a solution, *CALL* and make an appointment to see him or her. Discuss with your advisor how things have been going for you. Talk about problems and achievements you have had during the quarter. Seek advice on what to take next as well as your future role as a nursing professional. Keeping in touch with your advisor can prove to be a mutually rewarding experience.

WHAT ABOUT A GRADUATE DEGREE IN NURSING?

If you have been wondering about a graduate education in nursing, the Associate Chairs in the various departments can provide you with information about our programs and trends in your area of interest. There are many clinical specialist and nurse practitioner options at the Master's level. The college also offers two different doctoral degrees in nursing (N.D. and D.N.Sc.). The Associate Chairs for each department are:

Community Health:

Dr. Linda Edwards (942-2756)

Maternal Child:

Dr. Virginia Maikler (942-2754)

Medical/Surgical

Dr. Kathy Lauer (942-6265)

Psychiatric-Gerontological:

Dr. Lisa Rosenberg (942-7117) &
Dr. Valerie Matthiesen (942-6953)

We are interested in spending time with you to help make this important decision.

ANNUAL UPDATE OF HEALTH REQUIREMENTS

We offer this reminder to all graduate students that your **CPR, OSHA, and TB screening** must be renewed every year while you are enrolled in classes at Rush University. Even if you are not yet enrolled in clinical courses, the College of Nursing requires all health and safety records be maintained and up-to-date. Please bring **COPIES** of your CPR card (**photocopy BOTH SIDES**), documentation that you attended OSHA training for blood borne pathogens, and results of TB screening to Ms. Alvina Beamon, Suite 1080, Armour Academic Center. If you have a positive TB PPD test, you must bring us a copy of the chest x-ray report and have a documented annual screening by your health care provider. Your registration will be delayed if we do not have up-to-date records and you may be required to pay a late registration fee. **A NOTE TO LICENSED RNs:** If there is a change in the status of your RN license (regardless of state licensure or expiration date), you need to immediately notify the College of Nursing.

GRADUATE STUDENTS PRE-REGISTRATION CHECK OF HEALTH RECORDS

In order to facilitate clinical placements of graduate students, we require a check of your health records as part of pre-registration each quarter you enroll in one of the following courses: **NUR503, NUR541, NUR591, OR NUR600**. The College of Nursing is responsible for sending

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copies of your health records to clinical sites prior to your starting clinicals, and in order to expedite that process, we check records during pre-registration. You will find a form in the quarterly timetable that you should use **ONLY** if you are registering for any of the above mentioned courses each quarter. After completing the top portion of the form, please bring the form to Ms. Beamon in Suite 1080 Armour Academic Center for a check of your health/safety records. There is a 24 hour turn-around time to have your health records checked. After she approves the form, please attach the form to your Class Registration Form and submit both to the Office of the Registrar. Many clinical sites will not allow you to begin clinical if your health forms expire during the quarter in which you are enrolling. If this is the case, you may need to renew your annual mandatory prior to expiration dates indicated on your forms. Because of individual variations among clinical sites, it is to your best interest to make sure your annual mandatories (CPR, OSHA, and TB) are up to date through the end of the quarter you are registering for clinical courses.

VISIT THE COLLEGE OF NURSING ON THE WEB

Did you know the College of Nursing is on the Web? Several points of interest may be easily accessed. Located on our Web Page is admission information to undergraduate and graduate programs, including application deadline dates, program of study for all areas including nursing practitioner options, and how to request information for any program. Also featured are alumni news and faculty features. Updates on undergraduate and graduate information sessions and other events are posted in Announcements and Events.

NURSING BOOKS FOR MALAWI!

Recently, the College of Nursing collected nursing books for shipment to African schools of nursing. Thanks to the generosity of the Sara Lee Corporation, who arranged to have the books picked up and shipped directly to Malawi, we were able to send 72 boxes of valuable nursing textbooks. This would not have happened without the help of faculty, who contributed the books, and the faculty and staff who packed and re-packed the books. The College of Nursing would also like to thank:

*Jason Nosko
Paul Parada
Scott Popovich
Anthony Raggs*

These students volunteered to cart the boxes to the lobby of Schweppe Sprague Hall for pick up. We would like to thank these students for helping the College of Nursing support education for nursing around the world!

SENIOR POSTER PROJECTS

The prelicensure students graduating at the end of fall quarter will present their Senior Poster projects on Friday, November 21, 1997 at 10:00 a.m. in 976 Armour Academic Center. The posters will be available for review by students and faculty from 8:00 a.m. - 12:00 p.m. in 994 Armour Academic Center Auditorium. All are welcome to attend.

PINNING CEREMONY

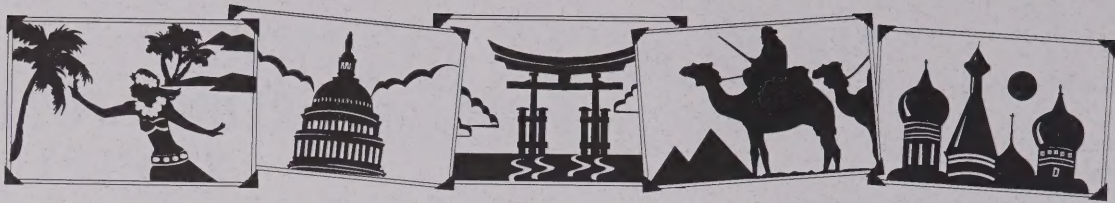
The Pinning Ceremony for Fall 1997 prelicensure nursing graduates will be held on November 21, 1997 at 11:00 a.m. in Room 976 Armour Academic Center.

Women's Self Defense Class/Workshop

All interested Rush University students welcome!
(This includes Residents!)

Sponsored by Rush University's
Tae Kwon Do Club
and
American Medical Women's Association

Watch the bulletin boards for details to be posted soon!



International Film Festival

The Office of International Services is showing free films for the medical center community on one Tuesday per month at 4:30 p.m. in the Student Lounge, Room 992 Armour Academic Center.

The remaining films in the series include:

November 4: **Forrest Gump** (in English). Winner of Academy Award for Best Picture, 1994. Forrest Gump, played by Tom Hanks, is a decent man with a low IQ who manages to become involved in every major event in American history between the 1950s and the 1980s. For the benefit of our international viewers, we have selected this fun movie, in part, for its depiction of America.

December 2: **The Great Wall** (in English and Mandarin with English subtitles). Leo Fang and his family return to his native China, where they are unprepared for the cultural clashes which occur with their Chinese relatives.

January 13: **Ponette** (in French with English subtitles). Four-year-old Ponette tires to come to terms with the unexpected and premature death of her beloved mother. A profound film that deals with questions of life, death, faith, and love.

*****Festival of Lights*****

The Fifth Annual Festival of Lights will take place on December 4, 1997, in the Armour Academic Center. Students, faculty, and employees participate each year in this event co-sponsored by the Multicultural Affairs Coalition and the Office of International Services. Displays are set up by individuals showing how different ethnic and religious groups celebrate holidays at this time of year. Traditions represented in the past were Jewish Chanukah, Christian Advent and Christmas, Swedish Santa Lucia Day, African-American Kwanzaa, Philippine Simbang Gabi, Hindu Diwali, Christmas in Latin America, Chinese New Year, and Islamic Eid-UI-Fitr. To participate or for more information on this noon hour event call the Office of International Services at 942-2030.

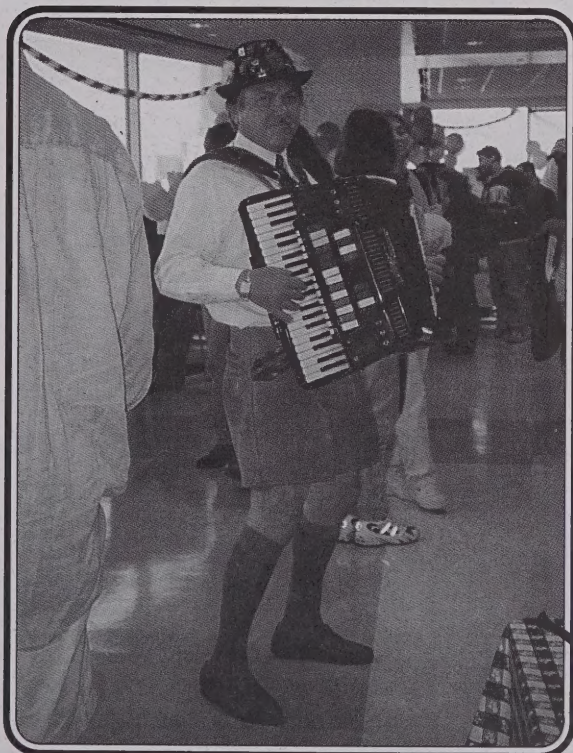
Interested in Intercultural Exchange?

How about inviting a Rush University international student or research scholar home for Thanksgiving or Christmas dinner? It is a perfect opportunity to learn about another culture and give a visitor a glimpse of U.S. family life and how we celebrate holidays. Rush University has 81 students and researchers from 27 different countries. If you are interested, call Ann Schuppert, Office of International Services, 942-2030 to check out the possibilities.

The Office of Student Affairs
would like to thank the following
Student Organizations for contributing to the success of

Octoberfest '97!

American Medical Association
American Medical Student Association
American Medical Women's Association
Chicago Jewish Medical Students
Emergency Medicine Clinical Orientation Program
Medical Students for Life
Minority Student Nurses Association
Nurses Christian Fellowship
National Student Speech Language Hearing Association
Occupational Therapy Student Association
Physicians for Social Responsibility
Rush Christian Fellowship
Rush Students For Choice
Rush Students for International Health and Medicine
Student Council
Student Nurses Association
Student National Medical Association
Tae Kwon Do
Tamasha Indian Medical Student Association



Thank You!



Also, a big thank you goes out to the following student and
employee volunteers who helped with:

Set-up and Decorating:

Bill Blazek
Susan Casey
Sarah Casarez-Gaytan
Anita Chandrathil
Sue Feeney
Kristin Jensen
Stacy Lamden
Bobbie Oglesby
Kevin Pittman
Anthony Raggs
Carmetta Seaberry
Megan Staurovsky

Food Preparation and Serving:

Sarah Casarez-Gaytan
Janelle VanHootegem
Shelley Westerhoff

Bartending:

Cathy Catrambone
Bill Fleming
Bob Ganz
Bill Karnoscak
Atif Musa
Joe Swihart
Bill Wagner

Clean Up:

Sandra Blake
Jim Dorman
Sue Feeney



